



# 48-a-Day Water Challenge

## **Focus Area: Healthy Eating**

**Objective:** Drinking water is important for good health. This 48-A-Day Water Challenge encourages participants to drink at least 48 ounces of water each day. Six to eight 8-ounce glasses are generally recommended daily. (Participants should consult their health care provider on what is recommended for them.)

**Length of Challenge:** Four-weeks (the length of time is flexible; contact your Regional Wellness Coordinator if the provided tracking sheet needs to be adjusted).

## **Materials Needed:**

- Sign-Up Sheet/Form (optional, but recommended)
- [Water Tracker](#)
- Prizes (optional)

## **Directions:**

Check a water glass on the [weekly water tracker](#) each time you drink 8 ounces of water. Only water counts. Aim to drink at least six 8-ounce cups of water every day this month.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite office and/or with AWS employees.



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



[facebook.com/WFHTN](https://facebook.com/WFHTN)



[twitter.com/WFHTN](https://twitter.com/WFHTN)

## Getting Started:

1. Decide what dates your "48-a-Day Water Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants submit their Water Trackers and how winners will be rewarded.
  - *Remember: Challenge rewards do not have to be tangible. Announcing the "48-a-Day Water Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates of when the challenge will begin and end.
  - Instructions on how to participate in the "48-a-Day Water Challenge".
  - Details about how to submit their Water Trackers and how winner(s) will be rewarded.  
*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach the "Water Tracker" via email and distribute this to all participants.
7. Each week send participants a friendly email reminding them to engage in the challenge and to have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or photos. (Request 'Sample Weekly Emails' from your wellness coordinator.)
8. As the challenge comes close to an end, send out a reminder to participants to submit their "Water Trackers" and announce the winner(s)!