

EVERY SIP COUNTS CHALLENGE

- [CLICK HERE](#) to calculate how many ounces of water you should be consuming based on your age, height, weight, and activity level. Fill out how many ounces you need on the line here _____ oz. per day.
- Each day of the challenge record the number of 8 ounce glasses of water consumed (8 ounces = one cup). There is a maximum credit for ten glasses of water consumed per day. Mark off a box for each serving. Unsweetened beverages without artificial sweeteners count as well (tea, coffee, seltzer, naturally flavored water).
- Return this sheet to Sarah Benedict on Thursday, June 30 to be entered into a drawing for some prizes.
- Those who are taking part of our punch card program, for every week you complete your goal, you get a punch!

Name: _____ Contact Number: _____ Email: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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