



Sign-Up Sheet

We created a wellness challenge designed to encourage our employees to boost their daily consumption of water. The goal is to consume eight glasses of water per day. Although other beverages such as soda, coffee, and juice contribute toward your daily liquid intake, the challenge is geared solely toward increased consumption of water in place of sugary and caffeine-containing beverages. You will have a log sheet where you can track your water. Sign up below to participate.

The *Water You Waiting For? Challenge* begins on _____.

Name	Email	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
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22. _____	_____	_____
23. _____	_____	_____
24. _____	_____	_____
25. _____	_____	_____