

Drink Up Water Challenge



How it Works

This challenge is as simple as it gets! Everyone needs to drink water daily, so this is just a friendly reminder to keep it up throughout the day. A few days leading up to the challenge, share the “Content to Drink Up” via email. Raffle off company-branded water bottles and include the fun facts about water inside each bottle before officially starting the challenge. Email everyone participating water tracker printables for the month-long challenge!

Engagement Ideas

- Encourage daily check-ins
- Share water facts printable sheet
- Incorporate materials from the bonus summer water challenge
- Create a water bottle coloring sheet or print one for participants
- Raffle off a smart water bottle to the weekly challenge winner
- Sound a bell or send an email every hour to encourage drinking

Content to Drink Up

- [6 Ways to Increase Water Consumption In Your Office](#)
- [For Employee Wellness, Replace Pop with Water at Your Workplace](#)
- [BONUS CHALLENGE: Keep Your Employees Hydrated This Summer With Our “Water You Waiting For?” Challenge!](#)



“If there is magic on this planet,
it is contained in water.”

— Loren Eiseley

Water consumption keeps your body functioning at its best. It maintains blood flow and keeps organs healthy. Are you drinking enough daily water? Watch the color of your urine as an indicator; dark yellow means you need to drink up! Let these facts inspire your H2O consumption.

Fact #1: Up to 60% of the human body is comprised of water

Fact #2: Water needs vary by age, gender, and geographic location

Fact #3: A person can live about a month without food, but just a week without water

Fact #4: Water acts as a shock absorber for the brain and spinal cord

Fact #5: Water helps form saliva and also lubricates joints

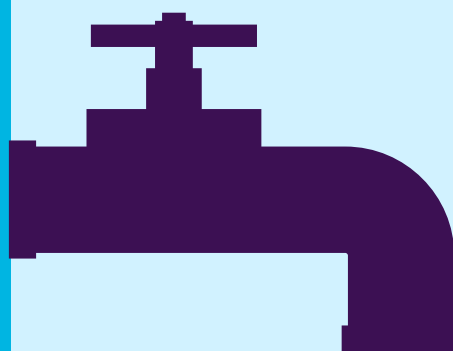
Fact #6: Babies have the most water content — at about 78% at birth

Fact #7: Water is unique as it's the only natural substance found in all three physical states—liquid, solid, and gas— at the temperatures normally found on Earth

Fact #8: Women contain less water than men (percentage-wise)

Fact #9: 75% of the human brain is water; a living tree is also 75% water

Fact #10: Adult males require about 3 liters of water daily while an adult female needs about 2.2 liters a day



10 Fun Water Facts