

Take the Choose Water Everyday Water Challenge

Get a team together and watch your health improve



The benefits



Did you know?

Your body is **70%** water. Dehydration leads to health problems like headaches and longer term damage to organs.

Drinking plenty of water everyday keeps your body in top shape and helps you concentrate.

There are **16** teaspoons of sugar in one 600 ml bottle of soft drink.



How to set up a Choose Water Everyday Challenge

Getting started

- Choose a team leader and get your team together.
- Choose a time period i.e. one month.
- Set up a tracking system. Use the template included to record the amount of water each team member drinks each day.
 - Choose prizes or rewards for meeting the challenge.
 - Ensure drinking water is accessible and encourage use of reusable drink bottles.

Checking in and celebrating success

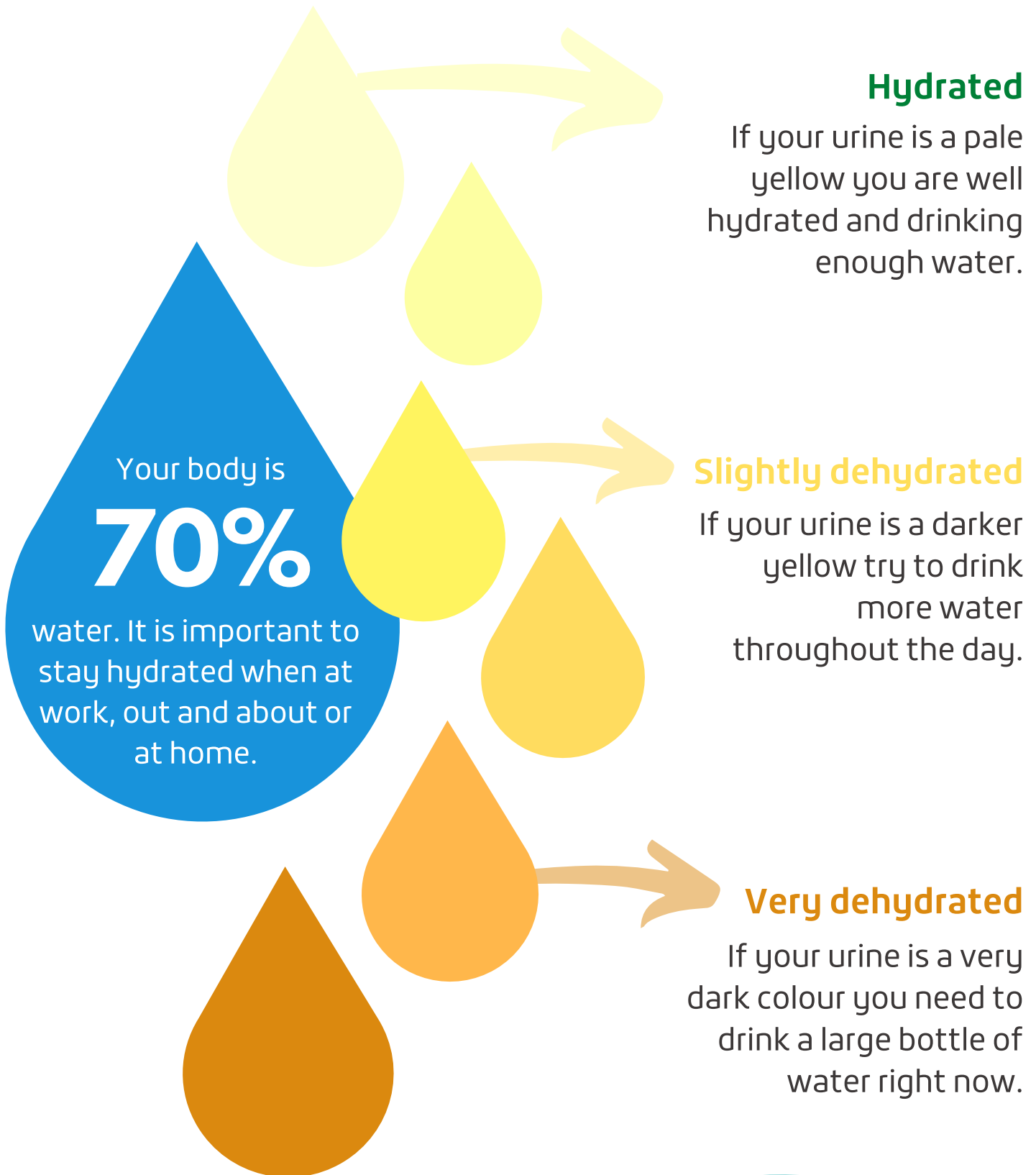
- Encourage each other.
- Use a urine colour chart to track your hydration.
- It may help to download a water reminder drink App to your phone.
- Celebrate at the end of the challenge and discuss ways to keep choosing water everyday.



How do you know you have had enough water?



See how hydrated you are with the urine chart below



Choose Water Everyday

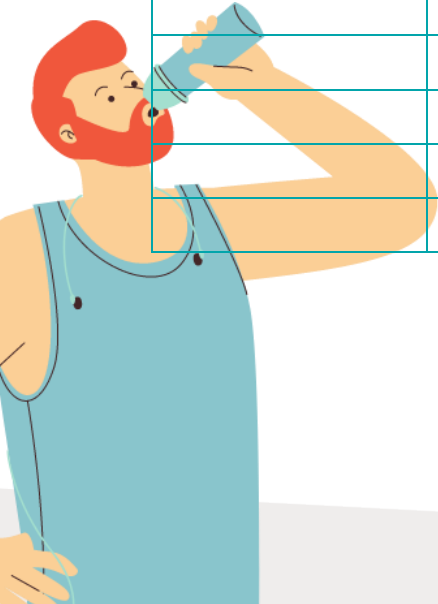
Water Challenge



Week 1 – XX Month

Throughout the month of _____ our team will each aim to drink the recommended total water per day. The general guide is 8* cups for women (9 cups in pregnancy and lactation) and about 10 cups for men. Water requirements may increase in hot climates and with increased levels of physical activity. www.eatforhealth.gov.au/guidelines *One cup = 250mL

NAME	WEEK 1 GOAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



Each day mark your total water intake down

For tips and resources visit <http://h30challenge.com.au/> or <https://livelighter.com.au/The-FacAbout-Sugary-Drinks>

Choose Water Everyday Water Challenge

Example workplace health communications

Facebook post example for workplaces

We are encouraging staff to drink more water to improve their health and wellbeing 🍷

Your fluid needs vary depending on age, activity levels and the weather, however, in general it is recommended for adults to drink 8-10 cups of water each day.

Join our Choose Water Everyday Water Challenge and let's encourage each other to drink more water.

For more information or to join our team contact {insert email address or phone}.



Newsletter insert example for workplaces

Take the Choose Water Everyday Water Challenge

Barwon Health's Choose Water Everyday Water Challenge encourages workplaces to support staff to make water the drink of choice. It is a simple way to commit to drinking enough water throughout the day and improve your health and wellbeing.



Benefits of participating in the water challenge:

- Increases team building and a supportive work environment by encouraging each other to more drink water.
- Drinking enough water everyday keeps your body in top shape and helps you concentrate.
- Drinking tap water is the best choice for the environment and is free.

Join our water challenge team. For more information contact {INSERT NAME AND CONTACT}.