

DRINK UP!

DAILY WATER INTAKE CHALLENGE

Staying hydrated is important for your physical and mental health! To promote this healthy behavior, City of Highland Park will be hosting a daily water intake challenge from **July 10th - July 31st**.



Did you know?

The recommended amount of water intake for an individual is half of their body weight in ounces.

How to track your hydration?

Log in to app.chcw.com and access your hydration tracker located under the "Your Health Trackers" section of your dashboard. Select the hydration tracker and press the '+' icon to log your water intake.

Challenge rules

In order to earn your reward, you must log 750 ounces of water throughout the challenge. This is an average of about 35 ounces of water per day.

Reward

If you meet the rules above, you will earn 25 points towards your Rewards Goal!

