

# 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

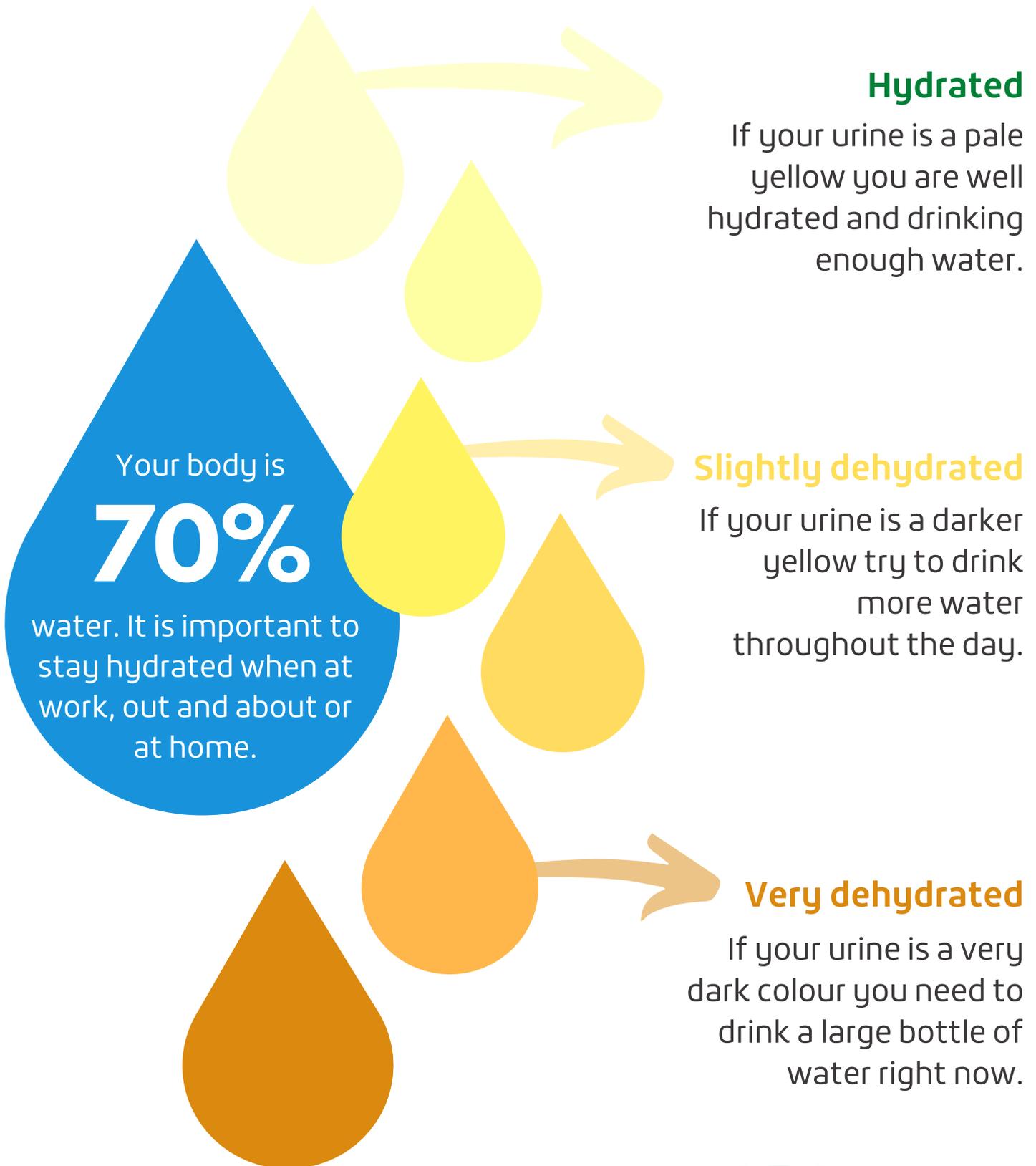
- Encourage each other.
- Use a urine colour chart to track your hydration.
- It may help to download a water reminder drink App to your phone.
- Celebrate at the end of the challenge and discuss ways to keep choosing water everyday.



# How do you know you have had enough water?



See how hydrated you are with the urine chart below



## Hydrated

If your urine is a pale yellow you are well hydrated and drinking enough water.

## Slightly dehydrated

If your urine is a darker yellow try to drink more water throughout the day.

## Very dehydrated

If your urine is a very dark colour you need to drink a large bottle of water right now.

# Choose Water Everyday

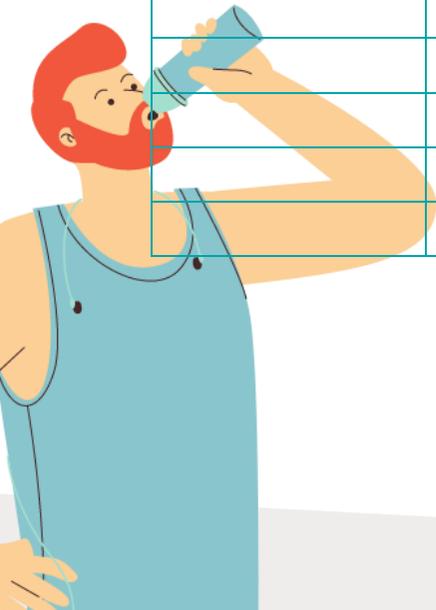
## Water Challenge



### 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](http://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}.