

Chug A Jug Challenge

August 19 – September 16

Challenge yourself to stay hydrated!

Proper hydration is important to keep your body working well and feeling good!
This challenge will focus on tracking water intake throughout the day
to be sure you get a healthy balance of hydration!

How the Challenge Works:

- During the Challenge, keep track of the amount of water that you drink each day.
- Earn 1 point for each cup (8 ounces) of water you drink per day.
- Your goal in this Challenge is to accumulate at least 160 points in 4 weeks.
- **5 credits will be awarded to your HealthQuest account when you complete the challenge!**

How to Track Daily Points:

- Record your activity at **www.KansasHealthQuest.com**.
- You may print and use the paper tracking form for convenience and enter your points online later.
- Or track your activity using the **Mya™** app and your portal account will be automatically updated.
- **Record all activity by September 23.**



Download the free *Mya™* app through the App Store or Google Play. The app can be used with iPhone, iPad, iTouch and Android devices so you can track your healthy choices right at your fingertips. Login with the same User ID and Password that you use on www.KansasHealthQuest.com.



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