

Chug A Jug Challenge: August 19 – September 16, 2013

Earn 1 point for each cup (8 ounces) of water you drink per day.

The maximum points per day = 8.

Goal = 160 points

Record your daily points on the wellness portal at www.KansasHealthQuest.com by September 23, 2013.

Complete the challenge to earn 5 credits for the HealthQuest Rewards Program!

Cups (8 ounces) of Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Total Points								
Cups (8 ounces) of Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Total Points								
Cups (8 ounces) of Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Total Points								
Cups (8 ounces) of Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Total Points								
Total Points								