



engage



The Hydration Challenge

- *Instructions:*
- *Check off a glass of water for every 8 ounces you drink each day*
- *Turn in your entry form to sjcengage@sjgov.org between November 1 and November 7, 2025*
- *Goal: 8 glasses of 8 ounces of water a day*

Month of: _____

Day 1	☐	☐	☐	☐	☐	☐	☐	Day 16	☐	☐	☐	☐	☐	☐	☐
Day 2	☐	☐	☐	☐	☐	☐	☐	Day 17	☐	☐	☐	☐	☐	☐	☐
Day 3	☐	☐	☐	☐	☐	☐	☐	Day 18	☐	☐	☐	☐	☐	☐	☐
Day 4	☐	☐	☐	☐	☐	☐	☐	Day 19	☐	☐	☐	☐	☐	☐	☐
Day 5	☐	☐	☐	☐	☐	☐	☐	Day 20	☐	☐	☐	☐	☐	☐	☐
Day 6	☐	☐	☐	☐	☐	☐	☐	Day 21	☐	☐	☐	☐	☐	☐	☐
Day 7	☐	☐	☐	☐	☐	☐	☐	Day 22	☐	☐	☐	☐	☐	☐	☐
Day 8	☐	☐	☐	☐	☐	☐	☐	Day 23	☐	☐	☐	☐	☐	☐	☐
Day 9	☐	☐	☐	☐	☐	☐	☐	Day 24	☐	☐	☐	☐	☐	☐	☐
Day 10	☐	☐	☐	☐	☐	☐	☐	Day 25	☐	☐	☐	☐	☐	☐	☐
Day 11	☐	☐	☐	☐	☐	☐	☐	Day 26	☐	☐	☐	☐	☐	☐	☐
Day 12	☐	☐	☐	☐	☐	☐	☐	Day 27	☐	☐	☐	☐	☐	☐	☐
Day 13	☐	☐	☐	☐	☐	☐	☐	Day 28	☐	☐	☐	☐	☐	☐	☐
Day 14	☐	☐	☐	☐	☐	☐	☐	Day 29	☐	☐	☐	☐	☐	☐	☐
Day 15	☐	☐	☐	☐	☐	☐	☐	Day 30	☐	☐	☐	☐	☐	☐	☐

I acknowledge that I fully participated in the following Challenge in its entirety.

Employee Name _____ Dept _____ ID _____