



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 March 1, 2026 through March 10, 2026*
- *Goal: 8 glasses of 8 ounces of water a day*

Month of: *February 2026*

Day 1	<input type="checkbox"/>	Day 16	<input type="checkbox"/>												
Day 2	<input type="checkbox"/>	Day 17	<input type="checkbox"/>												
Day 3	<input type="checkbox"/>	Day 18	<input type="checkbox"/>												
Day 4	<input type="checkbox"/>	Day 19	<input type="checkbox"/>												
Day 5	<input type="checkbox"/>	Day 20	<input type="checkbox"/>												
Day 6	<input type="checkbox"/>	Day 21	<input type="checkbox"/>												
Day 7	<input type="checkbox"/>	Day 22	<input type="checkbox"/>												
Day 8	<input type="checkbox"/>	Day 23	<input type="checkbox"/>												
Day 9	<input type="checkbox"/>	Day 24	<input type="checkbox"/>												
Day 10	<input type="checkbox"/>	Day 25	<input type="checkbox"/>												
Day 11	<input type="checkbox"/>	Day 26	<input type="checkbox"/>												
Day 12	<input type="checkbox"/>	Day 27	<input type="checkbox"/>												
Day 13	<input type="checkbox"/>	Day 28	<input type="checkbox"/>												
Day 14	<input type="checkbox"/>														
Day 15	<input type="checkbox"/>														

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

Employee Name _____ Dept _____ ID _____