

WATER is Life Challenge!

Water is Life Challenge begins on **August 1st through August 30th**. There is a water tracking sheet available on the Spokane Tribe Health and Wellness page, via tribal email, or Facebook!

OPEN TO EVERYONE IN THE COMMUNITY

Children and youth can participate! Guardians or parents keep track of any amount of water that your little ones drink.



All ounce data regarding your water drinking must be submitted to me-Krista Colvin either via Facebook, Tribal Email, in person or over the phone by the end of **EACH FRIDAY during August**. You **DO NOT** need to submit the water tally sheets **UNTIL** the end of the month.

Rules: Soda, energy drinks, Kool-Aid, juice, crystal light packs, etc., does not count as drinking water.

How do you earn a prize?

- Drink less than 64 ounces a day you get entered into a drawing for participation!
- Drink more than 64 ounces a day and get entered into the drawing.
- There will also be weekly photo challenges during each week of this challenge!

Drawings happen the following Monday on these dates at 1:00PM:

August 12th, August 19th, August 26th and September 3^d

Name: _____

drink your water!



30 DAY WATER CHALLENGE

#64ozchallenge



AUGUST 2019

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	

Week 1 Water is Life

Photo Challenge: Most exaggerated photo of drinking water

Example will be posted to the Tribal Health & Wellness Page

Submit data to Krista Colvin by stating; Under 64 ounces or Over 64 ounces

Turn in your data sheets at the end of the month to earn a free participant shirt!



Participants who are NOT meeting the minimum of 64 ounces

- 3 Adult Prizes (18 & O)
- 3 Youth Prizes (17 & U)

Participants who ARE meeting the minimum of 64 ounces a day

- 3 Adult Prizes (18 & O)
- 3 Youth Prizes (17 & U)

