



Chug-A-Jug

Wellness Challenge

Come join a 4-week behavior change program designed to help participants **consume a minimum of 64 ounces of water and exercise at least 30 minutes a day**. The goal of the program is to encourage healthier habits by decreasing the number of sugar-sweetened beverages consumed and replacing them with water while also encouraging exercise.

Challenge dates: July 5 to August 2, 2017

Instructions:

1. Fill out the challenge tracking sheet to the right with your name and location. Sign the Participant Commitment portion.
2. Return the form to wellness@aura-astronomy.org to register and receive a water bottle (available for the first 100 participants to register).
3. Measure your water consumption every day.
4. Use this tracking sheet each day to track your daily 64 ounces of water and daily 30 minutes of exercise. It is your responsibility to keep up with how much water and exercise you complete each day during the challenge.
5. At the end of the challenge turn in your completed tracking sheet to wellness@aura-astronomy.org to be eligible for the Grand Prize drawing.

Grand Prize:
\$100 Amazon Gift card

Name: _____

Location: _____

Participant Commitment:

I promise to drink more water than sugary drinks with a goal of drinking at least 64 ounces of water every day during the 4-week challenge. I will also work to maintain a consistent physical activity routine with a goal of being active for 30 minutes every day during the 4-week challenge.

SIGNED: _____

Put an "X" on a water bottle each day you drink at least 64 ounces of water.

Date										
Date										
Date										

Put an "X" on a dumbbell each day you exercise at least 30 minutes.

Date									
Date									
Date									

