

Live Well

Water Drinking Challenge

November 17-23

Track your daily water intake on the form for each day this week. Each glass represents 8 oz. Colour in the glasses as you drink your water.

Scan and email your form to kaitlin.harman@nwsd.ca.

Deadline: Nov. 28

Prize: One person will win a \$100 Gift Certificate to the local business of their choosing.

Participant Name: _____

School/Office: _____

I will drink _____ glasses per day.



Monday, Nov. 17



Tuesday, Nov. 18



Wednesday, Nov. 19



Thursday, Nov. 20



Friday, Nov. 21



Saturday, Nov. 22



Sunday, Nov. 23

