


A decorative border at the top of the page featuring various fresh fruits and herbs: a blueberry, a mint leaf, a raspberry, a basil leaf, a slice of grapefruit, a slice of orange, and a slice of lime.

Julydration

HYDRATE FOR YOUR HEALTH


Staying hydrated is good for your health, but it's easy to forget to drink water throughout the day. Join us for a hydration challenge from Monday, July 19 – Sunday, July 25 and kickstart your hydration habit this summer! Here's how to participate:

Ready

A circular image showing a hand holding a white, reusable water bottle against a light green background.


Grab a water bottle (preferably reusable – it's good for you and the planet!). Check how many ounces your water bottle contains. Some even come with markings on the side to show you how much you're drinking throughout the day. You can also make your own by putting rubber bands around the water bottle to mark every 8 ounces.

Set

A circular image showing two clear glass water bottles filled with water and infused with lemon and mint leaves, sitting on a light-colored surface.

If you want to jazz up your water, try infusing it with flavor! There are many fun infused water recipes you can make with ingredients such as lemon, mint, raspberry, lime. Find recipe ideas [here](#) or get creative and see what sparks your taste buds! Unsweetened seltzer is also a great option if you're craving something bubbly.

Go

A circular image showing a white clipboard with a black clip, resting on a wooden surface next to a small potted plant.

Use the tracker below to measure your water intake. For every 8oz of water you drink, cross off a water droplet. See if you can cross off all 8 every day! There are also apps you can use if you prefer to track digitally. We want to know how you're staying hydrated this summer. Share your hydration journey on Instagram and tag @workwellnyc!

A simple line drawing of a triangular slice of watermelon with seeds.

Healthy Hydration Tip:

Did you know that some foods contain a lot of water? Fruits like watermelon, strawberries, and cantaloupe as well as veggies like lettuce and celery are mostly water, giving you a healthy hydration bonus!





Julydration


WATER TRACKER

Use the chart below to track your water intake.
Check off a glass for each 8oz glass of water you drink!

How much water should you drink each day? In general, aim for eight 8oz glasses (for a total of 64oz) every day. Individual water needs can vary, however. You may need more if it's hot out or if you're physically active. Check with your doctor if you have questions or concerns about how much you should be drinking.



MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 Share your hydration journey on Instagram! Post a picture of how you stay hydrated at work, outside, and on the go. Don't forget to tag @workwellnyc!