



ONLINE WELL-BEING CHALLENGE

FILLER UP H2O HYDRATION

Water is the foundation of a healthy body and mind. Stay hydrated for elevated energy, supple skin, reduced stress, increased brain function, lower risk of kidney stones, and help with appetite.

CHALLENGE TYPE: Hydration

MEASURED GOALS: Points

DURATION: 2-4 weeks

TRACKING: Glasses of water, hydrating beverages, checking hydration levels.

CHOOSE: Team-based or individual challenge

INCLUDES:

- Weekly health tip emails to engage
- Challenge promotional flyer/poster in electronic format
- Promotional video
- Real-time reporting
- User support

OPTIONAL SERVICES: Incentive items/prize drawing ideas: water bottles, sparkling beverage system, water infuser, juicer

