

GoH2O
Choose water

MONTHLY CHALLENGE

ready, set, go! starts on 4/2/25

The Go H2O Challenge invites you to replace one or more beverages (soda, juice, coffee, alcohol, etc.) with water for 30 days. Water is the best way to hydrate your body and has many additional benefits such as lubricating joints, keeping skin bright, promoting collagen production, aiding in cognitive function, boosting energy, and improving your mood. Track "Yes" each day you replace a beverage with water. To complete the challenge, track "Yes" for 22 days.



WATCH THIS VIDEO TO GET STARTED!

For 22 days in this month, practice "Go H2O- Choose Water." Track your challenge using the attached calendar or log. Plus - if you exercise for 150 minutes this month you can earn more HIP.



Completed challenges must be submitted to HR within five days after completion. Employees can complete one challenge every 30 days.



For 22 days out of the month following this challenge.



Optional: Exercise for a total of 150 minutes in addition to your monthly challenge.



Submit to HR within 5 days of completion.

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\$10 HIP Challenge
\$10 HIP Exercise

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Enter the challenge month and completion days on the calendar. Submit to HR within five days. Contact HR with questions.

MONTHLY PLANNER

01 02 03 04 05 06 07 08 09 10 11 12

SUN	MON	TUE	WED	THU	FRI	SAT



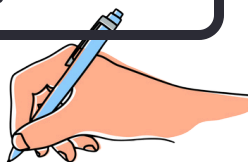
Number of DAYS you completed the challenge



Number of MINUTES you Exercised

PRINT NAME &
SIGN HERE-

Date:





Fabiano Brothers

CHALLENGE NOTES

Notes Page - Feel free to write anything you want on this page. For example, what did you eat? How did you feel? Suggestions? etc. HR does NOT need this page, unless you put suggestions about the challenge on it.

