



Wellness Summer Challenge

This summer we are challenging YOU to increase your water intake and cardio exercise. For this challenge, participants are asked to drink 64 ounces of water per day (eight 8 oz. glasses), exercise 150 minutes per week (that's only 30 minutes/5 days a week!), and track their progress for six weeks.

This challenge will run from **June 19 - July 31**. The first 100 participants to sign-up will receive a **FREE** water bottle (20 oz.)! All participants will need to complete the 6-week tracking form and return it **before August 10** to be entered into a raffle for a grand prize!

Stop by the Farmers Market on June 7 & 14 to pick up a tracking form and water bottle!



Registration and more information:

[HTTP://WVUMEDICINE.ORG/THEWELLNESSCENTER/](http://WVUMEDICINE.ORG/THEWELLNESSCENTER/)

PHONE: (304) 293-2520

FAX: (304) 293-3725

Email: wellnesscenter@hsc.wvu.edu



THE WELLNESS CENTER

Wellness Summer Challenge

For this challenge, record your water intake (must be at least 64 ounces of water per day), and amount of exercise per day (must be at least 30 minutes/5 days per week) for 6 weeks.

Full Name: _____ Email: _____



WATER

<i>64 ounces per day</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



EXERCISE

<i>30 minutes 5 days per week</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

Return this form **before August 10, 2017** to be entered into a grand prize drawing!

PO Box 9146/Morgantown, WV 26506 Phone: 304-293-2520/Fax: 304-293-3725

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