

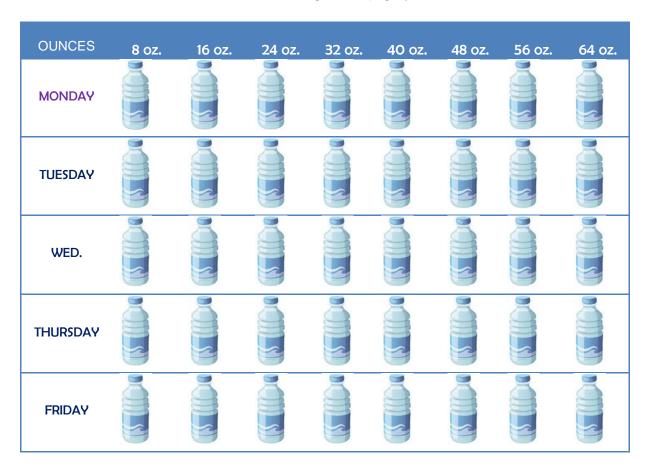
CommonHealth Water Drinking Challenge

Lack of water is the #1 trigger of daytime fatigue. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

YOUR CHALLENGE: DRINK 64 OUNCES OF WATER EACH DAY THIS WEEK.

CHECK OFF A WATER BOTTLE FOR EACH 8 OUNCES YOU DRINK.

THAT'S IT – EASY!



YOUR PRIZE: May you experience some of the many benefits of proper hydration including; better concentration, more energy, improved physical performance, consuming fewer calories, regularity, and fewer headaches! ©

Name:	

