Daily Goal:
64 OZs or
1/2 of Your
Body Weight

21 Day Water Challenge

Daily Team Tracker

***Directions**: Enter the number of ounces consumed each day by each team member.*

Location: ◯ Southern ◯ Midcoast ◯ Western ◯ Eastern ◯ Northern ◯ Traffic ◯ Fleet ◯ MTEx ◯ Headquarters

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	Total
Example	48	55	64	64	64	69	60	52	64	64	62	50	54	63	64	64	64	64	67	64	64	1222

Grand Total: _____

***Note**: At the end of the challenge, a survey will be sent out to collect each persons **TOTAL** water intake for the challenge*

ChallengeME
MaineDOT Healthy Workforce