



**Working~Well challenges you
to make water your #1 beverage choice
each day for 3 weeks.
As a general rule of thumb,
shoot for 6-8 glasses daily.**

1 Day 1: The billions of cells in your body are <i>thanking you!</i>	2 	3 Feeling peckish? Try drinking a glass of water before snacks and meals.	4	5 	6 Headaches are a symptom of dehydration. Before reaching for an aspirin, drink a glass of water!	7
8 	9 Bored with plain water? Jazz it up with some citrus or berries.	10 You're simply glowing! Keep it going!	11 	12 Did you know that it takes 450 years for a plastic water bottle to biodegrade?	13 	14
15 	16 You're on the home stretch! <i>Finish Strong</i>	17 	18 Feeling sluggish? A 5% <i>drop in water</i> levels can lead to a 30% <i>drop in energy</i>	19 	20 	21 YOU DID IT! TIME TO CELEBRATE!

Tips for Remembering To Drink Water

1. Set An Alarm
2. Get a Cup/Bottle That You Love
3. Make Your Phone Wallpaper A Picture Of Water

Day 1		Day 8		Day 15	
Day 2		Day 9		Day 16	
Day 3		Day 10		Day 17	
Day 4		Day 11		Day 18	
Day 5		Day 12		Day 19	
Day 6		Day 13		Day 20	
Day 7		Day 14		Day 21	



Edwards
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