

# DRINK EIGHT TO HYDRATE

## 30 Points



Use the **Food & Water Tracker** in the Wellness Center to track your progress.

REGISTER IN THE WELLNESS CENTER

**START**  
**4/15/19**

**FINISH**  
**5/13/19**

**YOUR GOAL:** Consume and log at least 64 oz of water  
5 days per week over the next 4 weeks.

Registration Dates: 4/8/19 - 4/21/19

! More info in the Wellness Center



If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call us at 1-888-472-4352 or email at [customerservice@gilsbar.com](mailto:customerservice@gilsbar.com) and we will work with you to develop another way to qualify for the reward.

