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

**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

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More info in the Wellness Center

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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 and we will work with you to develop another way to qualify for the reward.