



💧 Hydration Challenge – April 2026 💧

Did you know your body is made up of **50-70% water**? Water is an important part of every function in the body. Hydration plays a major role in regulating body temperature, getting rid of waste, and keeping your organs functioning properly. It can also improve sleep, brain function, and energy levels.

Dehydration occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can:

- Drain your energy
- Make you tired
- Dry out your skin
- Cause headaches
- Cause dizziness or make you feel "foggy"

What counts toward my fluid intake?

Fruits, vegetables, dairy and plant-based milks, and 100% fruit juice all contain water. Unsweetened coffee and tea can also be counted toward your daily fluid goal. However, **plain water is still the best way to stay hydrated.** 💧

How much should I drink?

You've probably heard the recommendation to drink eight cups of water per day. Further research has shown that each person's fluid needs are different depending on health, activity, and location. For some people, eight 8-ounce glasses may be just right. Others may feel better drinking more. If you find yourself eating and drinking the high-water content foods and beverages above, your water needs may be lower.

How to participate

Challenge yourself to drink your recommended amount of water each workday.

- Use the check boxes on each water bottle to track your intake.
- For each day completed, you'll receive:
 - 🗳️ **One ballot** toward the monthly draw
 - ⭐ **Up to 100 points** toward the [Internal Rewards Wellness Program](#).

Your Monthly Challenge Submission

There's a new submission option this month:

- ✓ Use our online [Monthly Challenge Submission](#).

OR
























✉ Email your completed calendar to livingwell@uwo.ca. Deadline is 12 noon on **April 29, 2026**.



April
2026

Hydration Challenge

Challenge yourself to stay hydrated this month!

Monday	Tuesday	Wednesday	Thursday	Friday
		 1	 2	 3
 6	 7	 8	 9	 10
 13	 14	 15	 16	 17
 20	 21	 22	 23	 24
 27	 28	 29	 30	

Scan this QR code or [click to visit the Living Well @ Western activity registration page.](#)