





WEEK	ACTION/ACTIVITY	RESOURCES
Week of June 26th	<ul style="list-style-type: none"> Start planning for first week of July Consider hosting a hydration training class Consider running a hydration challenge and providing water bottles to participants Order water bottles for hydration challenge Promote challenge and training class 	<ul style="list-style-type: none"> Resource- UGA Extension: Drink Water, Georgia! Resource- Challenge Tracking Sheet- 30 Day: <ul style="list-style-type: none">  30 Day Water Challenge - Tracking : Resource- Challenge Tracking Sheet- Week: <ul style="list-style-type: none">  Water-Intake-Tracker -Printable.pdf
Week of July 3rd	<ul style="list-style-type: none"> Promote hydration training class Promote/Kick off hydration challenge and distribute water bottles Distribute Article: Drink Water for Your Health Promote Drink Water, Georgia! Texting Campaign 	<ul style="list-style-type: none"> Article- UGA Extension: Drink Water for Your Health Flyer- UGA Extension: Drink Water, Georgia! Texting Campaign
Week of July 10th	<ul style="list-style-type: none"> Promote training class Promote the hydration challenge Distribute Article: Hydration Check-in 	<ul style="list-style-type: none"> Article- UGA Extension: Hydration Check-in
Week of July 17th	<ul style="list-style-type: none"> Promote training class Distribute Article: 10 Tricks to Stay Hydrated Continue to promote hydration challenge 	<ul style="list-style-type: none"> Article- UGA Extension: 10 Tricks to Stay Hydrated
Week of July 24th	<ul style="list-style-type: none"> Promote training class Distribute Flyer: Make Better Beverage Choices Promote hydration challenge 	<ul style="list-style-type: none"> Flyer- USDA: Make Better Beverage Choices
Week of July 31st	<ul style="list-style-type: none"> Distribute hydration challenge prizes Distribute Article: Beat the Heat with Flavored Water 	<ul style="list-style-type: none"> Article- UGA Extension: Beat the Heat with Flavored Water