

HydrateWell: Your 10-day hydration challenge

Boost your wellness, one sip at a time.

The HydrateWell 10-day challenge gives you daily goals to help you build a hydration habit.

Complete a day's goal, color in the water bottle to track your progress and celebrate your wins!

Bring a hydro-buddy!

Invite a friend or co-worker to join you. Staying accountable, and having someone to cheer you on, can make building habits fun.

Day 1: Find your starting point. Write down how much water you usually drink in a day. This gives you a starting place. Your water needs can change from day to day. *A general guideline is: Weight (in pounds) x 0.5 = ounces of water per day*

Day 2: Set a goal. Decide how much water you want to drink each day. Use your Day 1 number as a guide.

Day 3: Track your water. Use a hydration app or make your own simple chart. Write down how much water you drink throughout the day.

Day 4: Morning boost. Start your day with a glass of water before you drink anything else.

Day 5: Try something new. Swap one of your usual drinks for herbal tea or water flavored with fruit or herbs.

Day 6: Keep it close. Keep your water bottle nearby all day. If you'd like, switch to a reusable bottle that's better for the environment.

Day 7: Midday hydration break. Set a reminder to take a water break in the middle of the day. Use the moment to stretch or take a quick walk.

Day 8: Eat your water. Add a water-rich food to your meal or snack, like cucumbers, berries, melon or leafy greens.

Day 9: Notice the difference. Take a moment to think how staying hydrated has affected your energy and mood this week.

Day 10: You did it! Celebrate finishing the challenge by raising a glass of water and recognizing your progress.



Need support building long-term habits? Connect with a health coach.

If you're eligible, a health coach can help you set realistic goals, stay motivated and create a personalized plan that fits your lifestyle. You don't have to do this alone. Health coaches are here to help you thrive. To learn more, email healthcoachteam@modahealth.com or call 800-913-4957.

modahealth.com

These additional services are not insurance, may not be available in all areas, and may be discontinued at any time with 30 days advance notice.



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