



COWP Water Consumption Challenge

**Rocky Mountain
Prevention Research Center**
colorado school of public health

Start Date: _____

End Date: _____

MY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL POINTS
a. Take a water bottle to work every day	My goal this week:							
b. Fill up a water bottle ___ times daily								
c. Replace ___ sugar sweetened beverages with water daily	My goal this week:							
d. Make infused water daily								
e. Drink 8oz of water first thing in the morning	My goal this week:							
f. Other (<i>Write your own WATER goal</i>):								

Wellness Champion: _____

COWP Facilitator: _____

Workplace Wellness How To's

Choose your own goal!

Each week, choose a goal from the list provided or create your own. It can be the same each week or you can switch it up.

How to participate:

1. Complete the form with the start & end date of the challenge, name of your wellness champion, and COWP facilitator.
2. Pick your goal each week.
3. Give yourself 1 point for each day you complete your goal. Weekends count too!

At the end of the challenge:

Turn your log into your wellness champion.

Celebrate your successes along the way!!

Stages of Change Model

Below are the stages of change. Keep these in mind when you are setting your weekly goal. You may be thinking about making a change, preparing for a change, taking action, or maintaining a change you are already working on.

People move back and forth between stages, so remember that it's a process, and keep working towards your ultimate goal!

