

Complete at least 10 squares, then turn in BINGO card by July 1 to be eligible for a prize.

**JUNE 1 - 30**

Eat some celery today. (95% water)



Track how much water you drink today.

Keep a reusable water bottle with you all day.

Try herbal tea (hot or cold)

Set a reminder to drink water each hour.

Drink 8 oz of water before every meal today.

Eat a cup of watermelon (92% water)



Drink 8 oz of water first thing.

Drink 8 oz of water while waiting for coffee/tea to brew.

Drink 8 cups of water on two separate days.

Eat bell peppers (92% water and high vitamin C)

Car ride? Fill bottle and finish before returning home.

Spread it out: half your water for the day before lunch.



Share your best tips on how you stay hydrated.

DIY zucchini noodles (95% water)

Choose water over soda all day.

Share your fruit-infused recipe on social media and tag us.

Track how much water you drink today.

Flavor water with cucumber.



Unused strawberry tops? Use to flavor your water. (Clean them well first.)

Choose sparkling water over soda.

Drink lemon infused water. (Clean lemon peel well.)

Hit your daily water goal before sitting down to watch TV.

Add a 1/2 cucumber to your snack.

Eat a half grapefruit (91% water).

