



Health, Wellbeing and EAP

## **Tusla Water Challenge Guidelines**

- Individuals or teams can take part; each team must have a registered team captain
- Challenge will run from October 7<sup>th</sup> to 27<sup>th</sup> inclusive
- Email [eap@tusla.ie](mailto:eap@tusla.ie) to register by September 30<sup>th</sup> 2019
- Foldable water bottles will be sent by post on first come, first served basis, as an aid
- Daily records should be kept by filling out the template provided to record how much water was drunk each day. This template should then be emailed to [shirley.walsh2@tusla.ie](mailto:shirley.walsh2@tusla.ie) each Monday to aggregate results
- All results will be displayed on a graph and hosted on the Tusla Hub
- Weekly goals are as follows:
  - Week 1 – Drink 2 bottles per day = 900mls [Aim for 1 LITRE this week]
  - Week 2 – Drink 3 bottles per day = 1350mls [Aim for 1.5 LITRES this week]
  - Week 3 – Drink 4 bottles per day = 1800mls [Aim for 2 LITRES this week]
- The following are liquids that count towards your total:
  - ✓ Water
  - ✓ No added sugar squashes
  - ✓ Low fat milk
  - ✓ Herbal teas
- Please keep records for every day of the week, including weekends
- If partaking as a team, all record cards must be returned to the team captain each Monday, who will then email [shirley.walsh2@tusla.ie](mailto:shirley.walsh2@tusla.ie) with the individual results
- Prize for the winner or winning team's captain!