Rules and regulations for the 2014 Inaugural ½ gallon challenge

1. Only water counts toward your daily 64oz. You can flavor your water with zero calorie mixes or fresh fruits and vegetables. However we encourage you to drink milk and juices in addition to your daily 64oz.
2. Check in and follow us on Twitter @HalfGALChallenge and let us know how you are doing by using #halGALchallenge on Facebook, Twitter, and Instagram. Those who check-in with us on social media have a chance to win prizes.
3. We encourage the use of reusable containers! Your $5.00 registration fee provides a re-usable water bottle to assist you in keeping track of your water consumption.
4. Half Gallon Challenge reports are to be completed and turn into the Extension Office weekly. Reporting is on the honor system so please **Be Honest** about the amount of water you consume each week.
5. We do not recommend consuming any more than 64oz of water in a day. Ideally this amount of water consumption should span the course of an entire day. *Please remember to check with your doctor before making any drastic changes in your diet.*

Winners will be announced August 4th

Prizes will be awarded in two categories: Adults: 19 and up Youth: 18 and younger

The biggest drinker overall  
The biggest drinker from each county\*  
Most improved drinker overall  
Most Improved from each county\*

*\*If biggest drinker or most improved over all and county winner are the same we will default to the person who is in second place.*