


Hey everyone,

** 524 people are officially signed up for The Great Hydration Race. Let's make sure all 524 finishers fill in every last drop! Whatever made you register, whether you're chasing more energy, better habits, or just want to prove you can finish what you start, this is your moment. The only person standing in your way is you!**

---

#### **Quick Start Checklist**

##### **1. Two Trackers Are Attached:**

- A PDF tracker for logging your 8 daily cups (8oz each)
- An interactive Excel tracker that visually empties a glass as you log your water
- *These are just for you. No need to turn them in.*

##### **2. First Submission Window: August 10 to 13**


- If you're on a team: Report your water totals to your team leader during this window
- If you're solo: You'll receive a survey link between August 10 and 13 to submit your totals
- You must submit through your team leader or the solo survey to be eligible for weekly raffles
- Bonus team and solo challenges will be announced throughout the program

##### **3. Weekly Progress = Hydration Headliners**

- Starting August 15, we will share how everyone is doing via email and at [www.bettermelmc.com](http://www.bettermelmc.com)
- This challenge about showing up every day.

##### **4. FAQ + Downloads Are at:**

 [www.bettermelmc.com](http://www.bettermelmc.com)

*The FAQ has answers to common questions and anything new that comes in after this email goes out* 

##### **Your Daily Goal**

- Drink 8 cups of water a day. That's the standard.
- More is fine, but this challenge is about consistency.
- *The win is starting something and finishing it strong.*