

Name: _____

2024 DECREASE THE TENSION CHALLENGE (for all employees and spouses)

- Participate in the **Morning Stretch Program AT WORK** as an employee (only count the days you stretch at work) or elsewhere for spouses. You may use your own stretches or the approved stretches shown on the papers located outside Brian’s office.
- The program is to stretch or warm-up for 15 minutes each morning. **Complete 30 days.**
- **Stay hydrated during the day.** If you have cotton mouth, dry lips, or dark yellow urine half way through the shift, do not count that day. The goal is to hydrate early. **Complete 30 days.**
- Turn the form in at the end of the outage or when 30 days have been completed to receive a gift card.
- Return the form by May 30, 2024, to have your name entered in a drawing (IPSC employees & spouses).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
				March 17	18	19	/
20	21	22	23	24	25	26	/
27	28	29	30	31	April 1	2	/
3	4	5	6	7	8	9	/
10	11	12	13	14	15	16	/
17	18	19	20	21	22	23	/
24	25	26	27	28	29	30	/
May 1	2	3	4	5	6	7	/
8	9	10	11	12	13	14	/
15	16	17	18	19	20	Total Stretch/H ₂ O	/

Name: _____

2024 DECREASE THE TENSION CHALLENGE (for all employees and spouses)

- Participate in the **Morning Stretch Program AT WORK** as an employee (only count the days you stretch at work) or elsewhere for spouses. You may use your own stretches or the approved stretches shown on the papers located outside Brian’s office.
- Program is to stretch or warm up for 15 minutes each morning. **Complete 30 days.**
- **Stay hydrated during the day.** If you have cotton mouth, dry lips, or dark yellow urine half way through the shift, do not count that day. The goal is to get hydrated early. **Complete 30 days.**
- Turn the form in at the end of the outage or when 30 days have been completed to receive a gift card.
- Return the form by May 15, 2024, to have your name entered in a drawing (IPSC employees & spouses).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
				March 17	18	19	/
20	21	22	23	24	25	26	/
27	28	29	30	31	April 1	2	/
3	4	5	6	7	8	9	/
10	11	12	13	14	15	16	/
17	18	19	20	21	22	23	/
24	25	26	27	28	29	30	/
May 1	2	3	4	5	6	7	/
8	9	10	11	12	13	14	/
15	16	17	18	19	20	Total Stretch/H ₂ O	/

Daily Water Chart

www.fullspike.com

Water Composition



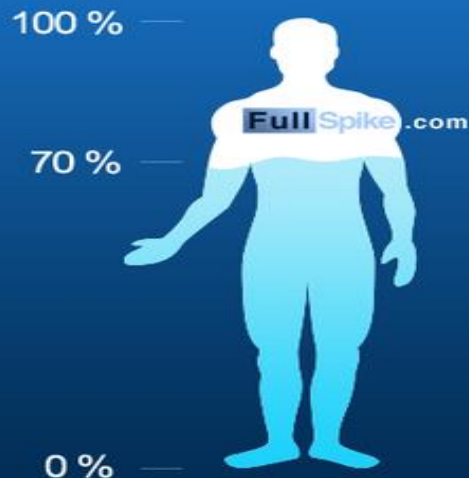
Daily Requirement

Weight	Water	
20 lbs	8 oz.	1 cup
40 lbs	16 oz.	
60 lbs	24 oz.	
80 lbs	32 oz.	4 cups (1/4 gallon or 1 quart)
100 lbs	40 oz.	
120 lbs	48 oz.	
140 lbs	54 oz.	
160 lbs	64 oz.	8 cups (1/2 gallon)
180 lbs	72 oz.	
200 lbs	80 oz.	
220 lbs	88 oz.	
240 lbs	96 oz.	12 cups (3/4 gallon)
260 lbs	104 oz.	
280 lbs	112 oz.	
300 lbs	120 oz.	
320 lbs	128 oz.	16 cups (1 gallon or 4 quarts)

Daily Water Chart

www.fullspike.com

Water Composition



Daily Requirement

Weight	Water	
20 lbs	8 oz.	1 cup
40 lbs	16 oz.	
60 lbs	24 oz.	
80 lbs	32 oz.	4 cups (1/4 gallon or 1 quart)
100 lbs	40 oz.	
120 lbs	48 oz.	
140 lbs	54 oz.	
160 lbs	64 oz.	8 cups (1/2 gallon)
180 lbs	72 oz.	
200 lbs	80 oz.	
220 lbs	88 oz.	
240 lbs	96 oz.	12 cups (3/4 gallon)
260 lbs	104 oz.	
280 lbs	112 oz.	
300 lbs	120 oz.	
320 lbs	128 oz.	16 cups (1 gallon or 4 quarts)