



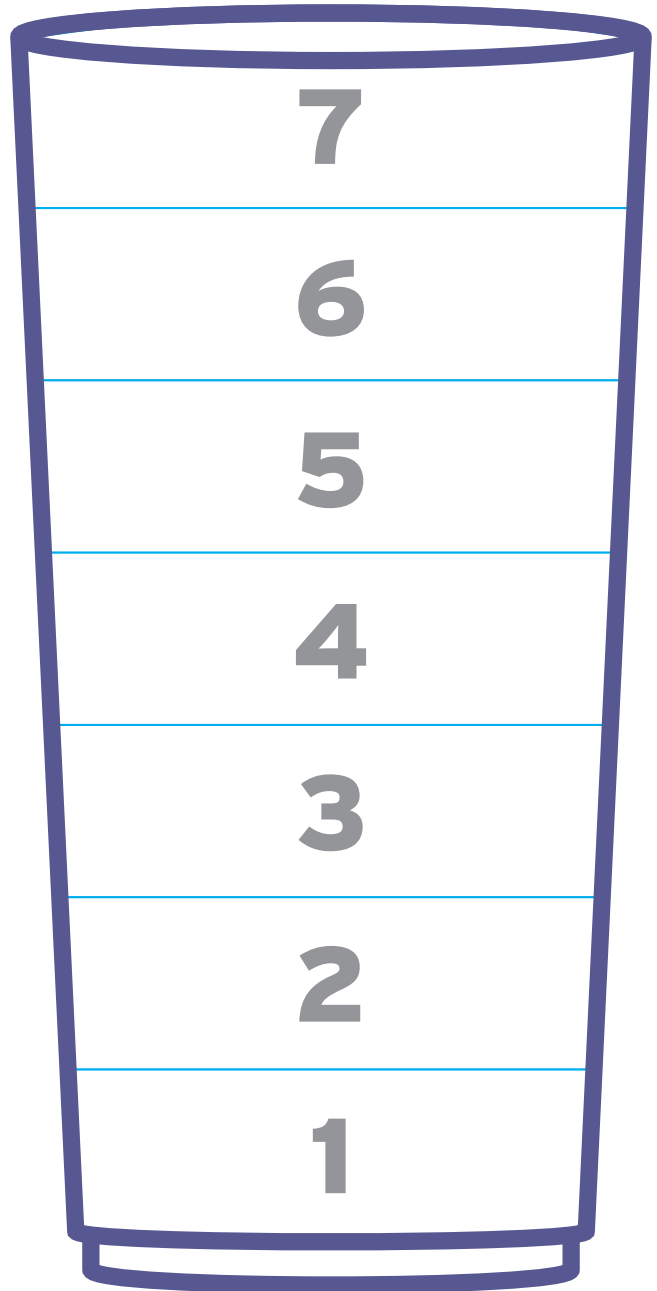
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Hydration Hero Challenge

Do you have what it takes to be a Hydration Hero?

Join Charlie Cucumber's Hydration Challenge!

According to the Institute of Medicine, kids ages 4 to 8 need seven 8-ounce cups of water to stay hydrated during an average day. For every cup of water you drink, color in a section of the drawing below and record what time you finished it. After drinking all your water, you'll get to see your drawing come to life!



Great work, pal – you completed the challenge! Click the "I Rocked That!" button in your personal Badge Bank to receive your Hydration Hero badge.