



## Every Sip Counts Post Challenge Survey



1. As a result of the survey, which of the following did you notice?
  - Increased water intake
  - Decreased consumption of sweetened beverages
  - Improved energy levels
  - Improved skin
  - Improved digestion
  - Decreased brain fog
  - All of the above
  - None of the above
  
2. As a result of the challenge, were you successful in achieving your goal of consuming more water?
  - Yes
  - No
  
3. If this challenge was offered again, would you participate?
  - Yes
  - No
  
4. If you answered no, what would encourage you to participate next time?  
\_\_\_\_\_  
\_\_\_\_\_
  
5. What did you like most about this challenge?  
\_\_\_\_\_  
\_\_\_\_\_
  
6. What did you like least about this challenge?  
\_\_\_\_\_  
\_\_\_\_\_

*If you have an inspiring story to share, we want to hear from you! Your story can motivate and inspire your coworkers, if you're willing to share, please submit it along with this survey!*

**Please submit all surveys to \_\_\_\_\_.**