



7-DAY

HYDRATION *Challenge*

Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

WELCOME TO THE 7-DAY HYDRATION *Challenge!*

The purpose of this challenge is to help you ADD more hydration to your day by SWAPPING out your beverages for water based, zero calorie beverages to hit 2-3 liters of water a day

This is a simple challenge about getting MORE health into your day (not to mention getting better skin, more energy, reduce sugar and so much more)



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7 DAY HYDRATION

Challenge!

The rules are simple:

- 1** Read your “Hydration Tips” cheat sheet and low sugar swaps for idea
- 2** Each day you will aim to hit 2-3 liters of water to add more hydration. (This is also great to help you start to swap out other drinks for low sugar, hydrating water based drinks if you are a soda or coffee drinker!)
- 3** Log your hydration goals completion daily on your “7 Day Challenge” tracker.
- 4** If you have consistently completed your hydration challenge daily habit for 7 days, then you have completed the Hydration Challenge!



TO HIT YOUR WATER GOALS

Hitting your water goals daily can be a huge challenge for many.

It is so important for us to stay well-hydrated for our overall health, skin, and energy, and even plays a role in hitting our weight loss goals.

While everyone has a different requirement for hydration, a good starting point is to try to get to 2-3 liters per day (about 8-12 cups).

Here are five ways to increase hydration throughout the day:



1. Set a Water Schedule

Create a schedule to drink water consistently throughout the day. For example, have a glass of water when you wake up, before meals, and before bedtime. Set a goal to drink $\frac{1}{2}$ your water before 12pm. Setting reminders on your phone can be helpful.



2. Carry a Reusable Water Bottle

Invest in a reusable, BPA free water bottle that is 500ml and keep it with you at all times. Refill it 4-6 and you know you have hit your water goal. Also having water readily available makes it more likely that you'll take sips throughout the day.



3. Infuse Your Water

Add flavor to your water by infusing it with fruits, vegetables, or herbs. Try combinations like mint and cucumber, strawberry and basil or raspberry and lemon. Infused water can make hydrating more enjoyable without adding chemicals or calories.



TO HIT YOUR WATER GOALS

Remember that individual hydration needs can vary based on factors like activity level, climate, and personal health.

Pay attention to your body's signals and adjust your water intake accordingly.

If you engage in strenuous physical activity or are in hot weather, you may need to consume more than 3 liters of water per day to stay properly hydrated.



4. Eat Hydrating Foods

Incorporate foods with high water content into your diet.

Fruits like tomatoes, cucumber, and honeydew melon, as well as vegetables like spinach, mushrooms, lettuce and celery, can contribute to your daily hydration.



5. Track Your Intake

Use a water tracking app or worksheet to monitor your daily water intake.

It can be motivating to see your progress and help you stay accountable to your hydration goals.

7 DAY HYDRATION

Challenge!

I DRANK 2-3 LITERS OF WATER:

DAY 1

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DAY 2

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DAY 3

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DAY 4

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DAY 5

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DAY 6

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DAY 7

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LIST BEVERAGE SWAPS

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NOTES

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