



# 7-DAY HYDRATION CHALLENGE

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Everyone's heard that it's important to stay hydrated, but chances are you're not drinking enough. Water is essential for every cell and function in the body. And being dehydrated can cause frequent headaches, irritability, and fatigue.

**HERE'S OUR 7 DAY CHALLENGE TO BOOST YOUR WATER INTAKE.**





# DAY 1

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**GOAL: FIGURE OUT HOW MUCH  
YOU SHOULD BE DRINKING EVERY DAY.**

Sure, you've heard that you should be drinking 8 glasses of water daily. But is that enough? Women need 70 to 90 ounces of liquid a day, while men need 100 to 125 ounces. Chances are if your goal is to drink 8 glasses, you are probably dehydrated. Also, if you exercise, you need to drink even more water. A general rule is to drink four to eight ounces of liquid for every 20 minutes you exercise.



**70 - 90**  
OUNCES A DAY  
FOR WOMEN

**100 - 125**  
OUNCES A DAY  
FOR MEN



## DAY 2

### GOAL: START TRACKING IT

If you're having trouble being motivated to drink your water, try tracking your daily intake. Then you will know if you reached your goal each day. There are many tools to track water, so find one that is simple and works for you.



### DRINK FROM A MARKED WATER BOTTLE

Use a refillable bottle with ounce markings and add your own time goals, like drinking sixteen ounces by 10 a.m., for example.

### USE AN APP

Most apps allow you to log what and how much you drink, as well as set alarms to remind you when to drink. Waterlogged, Fitbit, iHydrate or Hydro Coach can get you started on this goal.





## DAY 3

### GOAL: DRINK WATER FIRST

Simple and calorie-free, water quenches your thirst like no other drink. But if plain water isn't to your liking, there's still options. Try sparkling water, using a sugar-free drink mix like Crystal Light, or add some sliced ginger, cucumbers, lemon, or mint leaves.

**WATER WITH  
SLICED GINGER**



**WATER WITH  
LEMON**



**WATER WITH  
CUCUMBER**



**WATER WITH  
MINT**





## DAY 4

**GOAL: ADD IN THE RIGHT CALORIE-CONTAINING BEVERAGES—AND WEED OUT THE WRONG ONES.**

Water isn't your only choice when it comes to getting hydrated but avoid beverages that pack calories and may dehydrate you. Here's what to drink—and what to dump:



### WHAT TO DRINK

- Unsweetened plant-based milk
- Unsweetened tea or coffee
- Fruit smoothies



### WHAT TO DUMP

- Flavored coffee drinks
- Sodas
- Alcohol



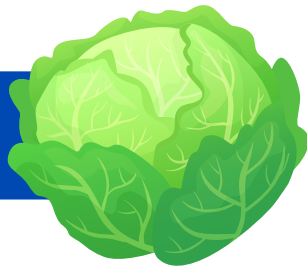


## DAY 5

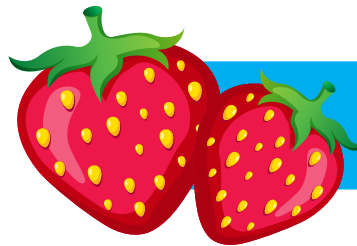
**GOAL: DON'T JUST DRINK WATER, EAT IT TOO!**

There's also plenty of water in fruits and vegetables! The following produce consists mostly of water while also providing key vitamins, antioxidants, and heart-healthy fiber.

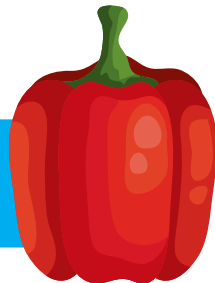
**LETTUCE: 96%**



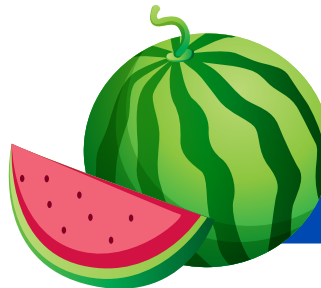
**STRAWBERRIES: 91%**



**BELL PEPPERS: 94%**



**WATERMELON: 92%**





## DAY 6

**GOAL: DRINK FREQUENTLY, NOT JUST AT MEALTIME**

If you're consistently drinking throughout the day, you won't have to play catch-up at night. Nothing's worse than having to get up multiple times in the middle of the night to use the restroom. Use these tips to keep the drinks flowing.



**START AND END  
THE DAY WITH A  
GLASS OF WATER**



**SET ALARMS  
THROUGHOUT THE  
DAY TO REMIND  
YOU TO DRINK**



**KEEP YOUR WATER  
BOTTLE FILLED  
AT ALL TIMES**



## DAY 7

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### GOAL: DON'T FALL BACK ON BAD HABITS

Congratulations! You've made it through your first week of healthy hydration habits. Now let's continue to work to making this a new habit and not going back to your old routine. Keep yourself on track with these helpful tips.



**Change your plate** – At mealtime, fill half of your plate with fruits and veggies to help increase your water intake.



**Drink before you eat** – Sometimes people mistake dehydration for hunger. If you feel hungry, first drink a glass of water, and wait 20 minutes. If you're still hungry, then you can eat.



**Keep Tracking** – Do you need a fancy water bottle to drink more? No, but getting one you really like might give you an extra boost of motivation to drink up.