

Water Works

The general recommendation is to drink half your body weight in ounces of water each day. For example, if you weigh 150 pounds, your goal would be approximately 75 ounces of water.*

Over the next six weeks, **your goal is to stay hydrated**. In addition to drinking water, eating fruits and veggies helps keep you hydrated without adding many calories!

Staying hydrated helps your body and brain function at their best.

Here are just a few ways water works:

- Regulates body temperature
- Increases blood flow to the brain
- Boosts metabolism
- Helps joints move with ease
- Helps the kidneys and liver flush waste out of the body
- Keeps things moving

*www.webmd.com/diet/drink-more-water-tips

Week 1

Keep track of how much water you are drinking each day

S	M	T	W	T	F	S
oz	oz	oz	oz	oz	oz	oz

Week 2

Have 3 servings of fruits each day

	S	M	T	W	T	F	S
Number of servings of fruit							

Week 3

Have 3 servings of vegetables each day

	S	M	T	W	T	F	S
Number of servings of vegetables							



Bonus Points

- Carry a water bottle with you
- Drink water with every meal
- Add natural flavoring to your water once a day (lemon, lime, cucumber, or berries)
- Snack on watermelon, cantaloupe, strawberries, and oranges
- Snack on celery, cucumbers, radishes, and carrots
- Have 5-9 servings of fruits and vegetables each day

Week 4

Have a glass of water the first hour you are awake

S M T W T F S

Time you woke up

Time you finished a glass of water

Week 5

Swap soda, coffee, juice, or energy drinks with water once a day

S M T W T F S

Substituted beverage

Week 6

Strive for half your body weight in ounces of water each day

S M T W T F S

OZ OZ OZ OZ OZ OZ OZ