

Hydration Motivation

Are you drinking enough water each day? It is recommended that we drink at least eight 8-ounce glasses of water every day. **For this one-week challenge, drink the recommended 64 ounces of water successfully for five days.** Track your progress by marking off the glasses below. Set goals to help you reach the recommended amount each day. For example, bring a water bottle to work and refill it three times during the course of your work day. If you don't quite make it one day, don't give up! Try to do better the next day. Water makes up over half of our body weight and it is vital for good health to replenish daily those fluids that are lost when we breathe, sweat, and urinate.



Day 1	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ
Day 2	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ
Day 3	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ
Day 4	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ
Day 5	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ
Day 6	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ
Day 7	8 OZ	16 OZ	24 OZ	32 OZ	40 OZ	48 OZ	56 OZ	64 OZ

Check out these awesome benefits to motivate you to stay hydrated all day long:

Lose Weight

Many of us think we are hungry when we are really just thirsty, causing overeating.

Improve Skin

Water helps the skin flush out toxins, avoiding acne and delaying aging, giving you beautiful skin.

Lower Blood Pressure

Dehydration raises the sodium levels in your blood, which in turn can raise your blood pressure.

Lubricate Joints

Water helps keep joints hydrated and lubricated, helping us move more easily.