

Hydrate, Refresh, and Revitalize

Week 1

During the first week of this challenge, your goal is to drink at least 64 ounces of water each day.

- Space out water intake evenly throughout the day.
- Always drink before meals to prevent over eating
- If you exercise, drink more!

If drinking 64 oz is too easy, follow these guidelines:

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|--------|------|------------|-------|
| •Women | 72oz | • Pregnant | 80 oz |
| •Men | 96oz | • Nursing | 104oz |

As an added challenge, you can try to incorporate warm water with freshly squeezed lemon juice. Some claim that drinking a small mug of lemon water in the morning can:

- Relieve sore throat, or pharyngitis
- Rejuvenate skin
- Reduce risk of acidity, diarrhea, and gout
- Prevent kidney stones and helps in digestion
- Lower stress levels, depression, and anxiety

****Record how many ounces of plain water and warm lemon water you drink each day on week one of your tracking sheet.****