

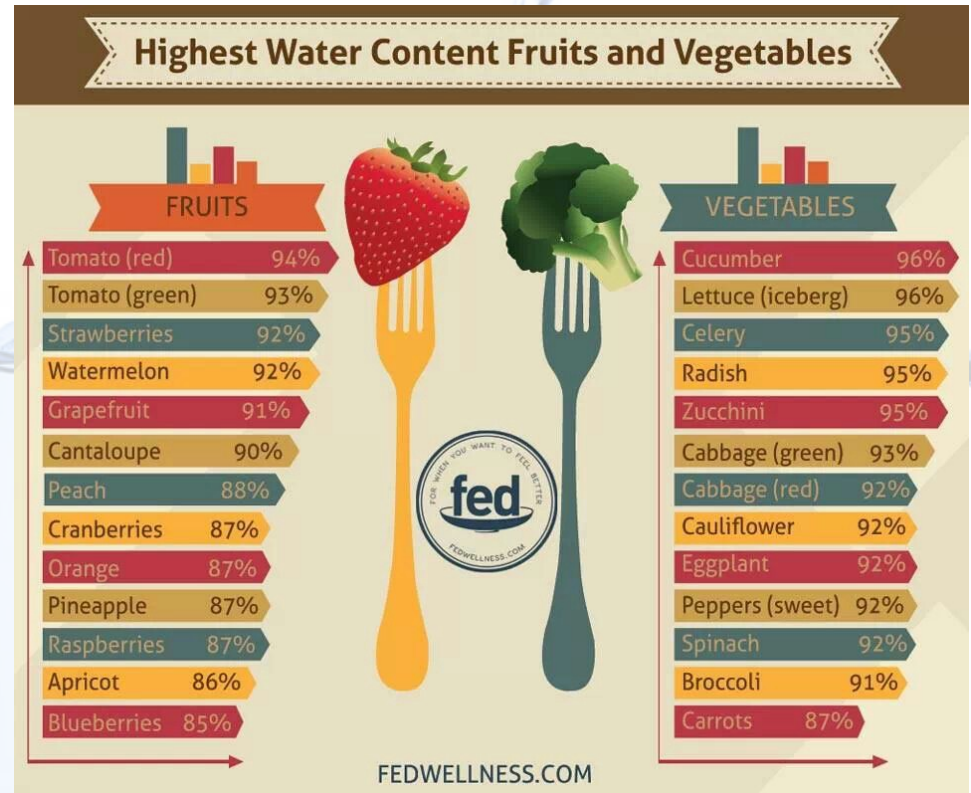
# Hydrate, Refresh, and Revitalize

## Week 2

During the second week of this challenge, your goal is to eat fruits and vegetables that are high in water content.

Did you know that 20% of your water intake should come from the foods you eat? This week we will focus on eating foods with a higher water content. Jot down on your tracking sheet what foods you ate each day.

Continue to drink 64 ounces of water!



**\*\*Record which hydrating fruits and vegetables you ate each day on week two of your tracking sheet. Remember to still drink 64 oz. daily!\*\***