

Hydrate, Refresh, and Revitalize

Week 4

You should be feeling pretty good by now- keep up the good work!

Lets review what we have learned so far:

Week 1

Drink at least 64 oz of water daily
Try drinking warm lemon water.

Week 2

You can get water from eating fruits and veggies. Keep drinking 64 oz. of water daily!

Week 3

How hydrated are you? Check your urine. Keep drinking 64 oz of water and stay hydrated.

Think about how you felt on a day to day basis before we started this challenge. Compare that to how you are doing today.



** Jot down in words how you are feeling each day on week four of your tracking sheet. **