

WATER CHALLENGE

The average adult should drink a minimum of 64 ounces (8 - eight ounce cups) of water daily. The average adult loses over 10 cups of water everyday. Drinking eight cups of water only replenishes what the body naturally loses through breathing, sweating and urination (the other 2 cups of water are consumed in food).

Water is responsible for carrying nutrients and oxygen to cells (our blood is 95% water), regulating body temperature, lubricating joints and cleansing toxins and waste from our bodies. The human brain alone is composed of 75% water, while our skin is 70% water. That is why some of the first side effects of dehydration are headaches and dry skin. Staying hydrated helps your body burn fat for fuel. And drinking 8 oz. of water before each meal will help you eat less so..... **DRINK MORE WATER!**

1 CUP OF WATER = 8oz.
POINTS PER CUP = 3

EARN MORE POINTS!
POINTS PER CUP DURING EXERCISE = 5

DAY OF THE WEEK	AT WORK (GOAL 4 CUPS)	AT HOME (GOAL 4 CUPS)	EVERY 15 MIN. OF EXERCISE (GOAL 1 CUP)	TOTAL
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

DAY OF THE WEEK	AT WORK (GOAL 4 CUPS)	AT HOME (GOAL 4 CUPS)	EVERY 15 MIN. OF EXERCISE (GOAL 1 CUP)	TOTAL
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Total for both weeks:

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