



Hydration Habit Challenge

Set daily goals for water intake to combat dehydration and improve overall health.

CHALLENGE DESCRIPTION:

Participating in a Hydration Habit Challenge is a fantastic way to ensure you're getting the amount of water that your body needs to properly thrive. It's not just about quenching thirst; it's about creating a habit that can significantly enhance your overall health and well-being. By setting daily goals for water intake, you're taking a proactive step towards combating dehydration, which can have a negative effect on many aspects of your life, from **cognitive function** to energy levels, physical performance and **improving recovery**.

Incorporating this challenge into your daily life can be both fun and rewarding. You might use a dedicated app to track your progress. The Hydration Habit Challenge is a commitment to yourself and makes your health a priority. With each sip, you're not just hydrating; you're investing in a healthier future. Start today!

HOW DOES DRINKING MORE WATER IMPACT YOUR HEALTH?

- **Enhances Physical Performance:** Dehydration can lead to fatigue, reduced motivation, and impaired body temperature control.
- **Boosts Brain Function:** Drinking enough water can help maintain cognitive performance and reduce the frequency of headaches.
- **Supports Digestive Health:** Adequate water intake is essential for proper digestion and preventing constipation.
- **Promotes Healthy Skin:** Drinking enough water can improve skin elasticity, reduce dryness, and help prevent other skin issues.
- **Aids in Weight Management:** Drinking water can help with weight management by increasing feelings of fullness and boosting metabolism.



HYDRATION HABIT

ACTIVITY INSTRUCTIONS:

Check off all the days when you've had 2L of water to drink. Click the squares on the left side of each day, or print this out and fill them in by hand. Let's get started!



Why did you start this challenge? Keep this in mind to be your motivation as you continue through these next 7 days.



TIP: Carry a reusable water bottle with measurement markings to keep a visual tally and help you stay on track.



TIP: If you're to spice up your hydration, try adding natural flavours like lemon, cucumber or other fruits to your water.



Notice that you're forgetting to drink enough in the morning? Try setting your favourite water bottle out the night before.



Almost there! Have you noticed any improvements in your skin, your digestion, or your mood yet?



Are you working out? On days that you exercise you can try adding electrolytes to your water to help replenish lost fluids and minerals.



You did it! You are well on your way to forming a new healthy habit. Keep up the progress that you've made and look for new ways to challenge yourself further.

CHALLENGE COMPLETE!

Looking to continue your challenge? Try to keep it up for another week or even a month. Remember it's about investing in yourself and your health. If you miss a day, no worries. Focus on getting yourself back on track.



Congratulations on completing the **Hydration Habit Challenge**

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

