

HYDRATION CHALLENGE

Purpose

To become aware of your hydration habits and increase water intake

Rules

- Track your daily water intake according to the hydration tracker document.
- You will receive +1 point for each acceptable method of hydration and -1 point for each unacceptable method of hydration.
- You will receive one entry for each day you track. Each entry gives you a chance to win a prize. 5 winners will be selected at random.
- Email your entries to carissa.dewitt@nwtc.edu



HYDRATION TRACKER



Make a check for each 8oz (1 cup) of acceptable drink/food you consume

- water
- infused water
- herbal tea
- low-to-no sugar juice or sports drinks
- watery fruits & vegetables

an average water bottle is about 16oz (2 cups) and a handful of fruit/veggies is about 1 cup



Make an X for each 8oz (1 cup) of unacceptable drink you consume

- soda
- coffee
- caffeinated tea
- sugary juice or sports drinks
- alcohol

a large/grande cup of coffee is 16oz (2 cups), a can of soda is 12oz (1.5 cups) and a bottle of soda is 20oz (2.5 cups)

8oz/1 cup of hydration = +1 POINT!

8oz/1 cup of dehydration = - 1 POINT!