

31 DAY HYDRATION CHALLENGE

Drinking water every day is an essential part of a healthy lifestyle. Water makes up about 60% of the human body. It helps with many bodily functions such as regulating body temperature, maintaining skin and joint health, and helping with proper brain function.

The recommended daily water intake is about 9-13 cups for the average adult. If fruits and vegetables are eaten on a daily basis, this could account for nearly 20% of your water intake. Many people do not drink enough water daily, nor eat enough fruits and vegetables, and could benefit from incorporating healthier habits to stay hydrated.

The 31 Day Hydration Challenge sets a goal to drink 7-10 cups of water every day for 31 days. Here are some daily strategies to try to ensure proper water intake:

- 1) Schedule water intake! Try to drink one glass of water before every meal, after waking up, and two hours before bed. This will help keep the body hydrated throughout the day and night.
- 2) Get a reusable water bottle that reflects your style and personality – it can become an accessory and make drinking water enjoyable.
- 3) Find a friend to complete the challenge with and keep each other accountable to drinking water throughout the day.
- 4) Add fresh fruit and garnish to water for a flavour boost (i.e., strawberries and mint) and add variety into reaching any hydration goals.
- 5) Designate different water bottles to use at home, at work, and in the car as a reminder to drink water.
- 6) Eat fruits and vegetables with high water content such as watermelon, grapes, cucumbers, and tomatoes. Water consumed through food can contribute up to 20% of your recommended daily water intake.



For more information visit:
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Health and Wellness
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Name: _____ Department: _____

My Target Daily Water Goal:

_____ cups/day



	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HOW TO USE:

1. Set your daily water intake goal to encourage yourself to drink more water.
2. Circle each date in the calendar above if/when you reach your daily goal.

For example:



The daily recommended water intake is 9-13 cups. If you regularly eat fruits and vegetables, this will account for 20% of your water intake. Start with a goal of 7-10 cups of water.

FIRST GOAL: 7-10 cups per day
SECOND GOAL: 9-13 cups per day



Submit your tracker to wellness@magna.com for a chance to win a Wellness prize!