

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE WATER FREQUENCY

Start Date: _____ End Date: _____

Instructions: Challenge yourself to drink eight 8 oz. glasses of water each day for the next 31 days. Check off the number of glasses that you drink each day.

Day 1: 

Day 2: 

Day 3: 

Day 4: 

Day 5: 

Day 6: 

Day 7: 

Day 8: 

Day 9: 

Day 10: 

Day 11: 

Day 12: 

Day 13: 

Day 14: 

Day 15: 

Day 16: 

Day 17: 

Day 18: 

Day 19: 

Day 20: 

Day 21: 

Day 22: 

Day 23: 

Day 24: 

Day 25: 

Day 26: 

Day 27: 

Day 28: 

Day 29: 

Day 30: 

Day 31: 

Challenge Completion Summary:

On the days I achieved my goal I felt: _____

On the days I did not achieve my goal I felt: _____

How challenging was it to drink eight glasses of water? _____

WATER INFORMATION

BENEFITS

CAN CONTROL HUNGER AND BOOST YOUR METABOLISM

E. Wayne Askew, director of the Division of Foods and Nutrition at the University of Utah's College of Medicine, led a research study that found that people who drank 8-12 glasses of water a day burned calories at an accelerated rate, compared to those who were not fully hydrated.

ENHANCES MENTAL CLARITY

Water is essential for many of our organ systems to function properly. Our brain tissue, for example, is 85% water. Water gives the brain its electrical energy for all of its functions, including thought and memory processes.

IMPROVES AND KEEPS DIGESTION REGULAR

Water helps flush out wastes and toxins from our bodies and may help relieve constipation. Think of using a water hose to clean off something dirty—water has the same effect internally in our bodies.

CAN HELP WITH BACK AND JOINT PAIN

Water acts as a lubricant for our joints and helps them move properly and with ease.

WHEN TO INCREASE YOUR WATER INTAKE

There are many circumstances in which you may need to drink more than the recommended amount of fluids, including:

- **EXERCISE:** It is important to drink water before, during, and after exercise. Typically 1-2 cups prior to and after exercise is adequate.
- **ENVIRONMENT:** Drinking additional water in hot or humid weather will help lower your body temperature and replace what you lose through sweating.
- **ILLNESS & HEALTH CONDITIONS:** Some signs and symptoms of illness such as fever, vomiting, and diarrhea can cause your body to lose extra fluids.
- **PREGNANCY & BREASTFEEDING:** It's recommended that pregnant women should be recommended to drink about 10 cups of fluid a day, while breastfeeding women need about 13 cups.

HOW TO KNOW IF YOU'RE DRINKING ENOUGH WATER

The Institute of Medicine recommends that **men consume about 3 liters (about 13 cups)** of total beverages a day and **women consume about 2.2 liters (about 9 cups)**.

If you produce a slightly yellow or colorless urine, chances are that you are drinking enough water.

Although all liquids contribute to your total hydration level, many beverages besides water can be high in sugar or caffeine and higher in calories.

By drinking **at least 8 glasses of water a day**, you increase your chances of staying properly hydrated while cutting back on excess calories.

TIPS FOR DRINKING MORE WATER

- If you are a pop, juice, or coffee drinker, try to drink 1-2 glasses of water before you allow yourself to have that can of Diet Coke or Skinny Vanilla Latte.
- Make it convenient. Keep a water bottle with you at all times, right next to your bed, or permanently at your workstation.
- Start to link drinking water with a specific behavior that you do every day, such as driving to work, meal times, or watching TV.
- Put reminders on your phone or calendar to drink water.
- Use a half-gallon or gallon jug and make marks every inch down the side of the jug. Label each mark in hour increments: 8am, 9am, 10am, etc. Make sure you drink to each mark by the beginning of each hour!

PLAIN WATER SOUND TOO "BLAH"? TRY THESE EASY INFUSIONS!

LEMON CUCUMBER

In a large pitcher of water, combine slices of lemon and cucumber. You can leave the peels on and just throw the slices in. Add some mint and ice to your glass for a refreshing treat.

STRAWBERRY "LEMONADE"

While refreshing, pre-made lemonade can be packed with added sugar. Make your own healthier version by adding fresh lemon juice, frozen strawberries (they'll act as ice cubes!), and a drop of honey into a water bottle.

BLUEBERRY ORANGE

Ever have trouble finishing a whole bag of oranges or pint of blueberries? Savor their delicious flavor by adding slices of orange and a handful of blueberries into your water.