

Hydration Challenge

Participant Guide

Water is the body's principal chemical substance, making up about 60% of body weight. While approximately 80% of daily water intake comes from beverages, the other 20% usually comes from foods. Increasing intake of clean and fresh water sources benefits every system in the body.

How This Challenge Works

- › Participants track water and hydrating food consumption each week for 3 weeks.

Qualified Beverages & Foods

Provided is a list of items that may count as part of your hydration tracking. Beverages listed are pure in nature, water-based beverages with minimal additives such as caffeine (even naturally occurring), flavorings, and artificial sweeteners. The produce listed has a water concentration 70-99%.

›

Hydrating Beverages

- | | |
|-------------|-----------------|
| › Water | › Unsweetened |
| › Sparkling | Herbal Tea |
| Water | › Coconut Water |

Hydrating Foods

- | | |
|----------------|----------------|
| › Asparagus | › Mushrooms |
| › Avocado | › Oranges |
| › Bananas | › Peaches |
| › Bell Peppers | › Pears |
| › Bok Choy | › Pickles |
| › Broccoli | › Pineapple |
| › Cabbage | › Potato |
| › Cantaloupe | › Radishes |
| › Carrots | › Spinach |
| › Cauliflower | › Squash |
| › Celery | (cooked) |
| › Corn | › Starfruit |
| › Cucumber | › Strawberries |
| › Eggplant | › Swiss Chard |
| › Grapefruit | › Tomato |
| › Grapes | › Watercress |
| › Jicama | › Watermelon |
| › Kiwi | › Zucchini |
| › Lettuce | |

Please note: Although some of your favorite beverages and food items may not be listed, such as diet soda, fruit juice, soup, broth, and dairy, the goal of this challenge is to focus on pure water-based beverages and the water content of fruits and vegetables. If a favorite fruit or vegetable isn't listed, search the internet to see if this food item has a water content of 70% or greater. Challenge yourself to try new and different food sources of water!

Hydration Challenge

Weekly Tracking

Submit this tracking sheet each week to the designated program facilitator.

Track at least six 8-ounce glasses of hydrating beverages and three servings of hydrating foods each weekday to qualify for a raffle prize entry.

Name: _____

Week: ☐ 1 ☐ 2 ☐ 3

Hydrating Beverages

Check a box for each hydrating beverage you drink.

Monday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Tuesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Wednesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Thursday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Friday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

Hydrating Foods

Check a box for each serving of hydrating foods you consume.

Monday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Tuesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Wednesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Thursday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Friday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Serving Size Guide

- > Fresh Fruit: 1 Cup
- > Cooked Vegetables: ½ Cup
- > Leafy Greens: 1 Cup

Hydration Challenge: Week One

Know Your H₂O

Consuming enough water each day is very important for your health! Not only will staying hydrated leave you feeling awake and fresh, but it also helps drive almost 100% of our body's functions. Make sure you are primarily hydrating with water to keep your body feeling happy and healthy!

Benefits of Water

- › Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
- › Water can prevent and alleviate headaches and other aches in the body.
- › Water is the primary mode of transportation for all nutrients in the body and is essential for proper blood circulation.
- › Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon, bladder, and breast cancer.
- › Water intake can increase energy levels. The most common cause of daytime fatigue is actually mild dehydration.
- › Water leads to greater health by flushing out waste and bacteria that can cause disease.
- › Water consumed naturally moisturizes skin and ensures proper cellular formation to give it a healthy, glowing appearance.

Fun Facts About

Water

- › Did you know that about 60% of an adult's body weight is made up of water!?
- › Not all water must be consumed in liquid form. Many fruits and vegetables contain 70-99% water content.
- › Water is essential for the human body to survive. On average, a person can live for one month without food, but only a week without water.

Tips to Tackle Hydration

Practicing hydration is important for a happy, healthy self. Let's explore ways to stay hydrated by cultivating helpful habits.

1. Take Water On-the-Go

- › Invest in a reusable water bottle, keep it cold in the fridge, and grab it each time you leave the house.
- › Consider throwing "emergency" water in the trunk of the car in case life throws a curveball.

2. Track Daily Hydration

- › In addition to using challenge tracking sheets, put the extra features of a fitness app or tracker to use. Garmin, Fitbit, and other devices have built-in hydration trackers either on their corresponding apps or directly on the device itself.
- › Don't have a fitness tracker? Simply download an app like Drink Water Reminder or Water Reminder- Daily Tracker, which send reminders to drink water throughout the day.

3. Carry Healthful Snacks

- › If engaging in strenuous activities for an hour or more, and particularly in hot and humid climates, be sure to replace electrolytes along with fluids. Electrolytes such as sodium, potassium, and other key nutrients are important to keep the body in balance.
- › With those activities of greater duration (ex: long runs, bike rides, hiking, or kayaking trips, make sure to bring a stash of snacks to provide the body with the calories and carbohydrates it needs to keep moving. Additionally, these can be great sources of potassium and sodium to support that electrolyte balance.
- › Pack items like nuts, energy bites, turkey jerky, cheese sticks, unsweetened dried fruit, dried veggies, whole fruits (apples and oranges), and chopped veggies (carrots, bell peppers, celery, or jicama sticks) that handle well in the elements. Each of these provides a source of electrolytes, water or both!

References

<https://www.nap.edu/read/10925/chapter/1#iii>

<https://www.mayoclinic.org/diseases-conditions/hyponatremia/symptoms-causes/syc-20373711>

<https://www.healthline.com/health/fitness-nutrition/electrolytes-food>