

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 Two

Hydration Hacks

How much H₂O?

You may have heard you should be drinking 8 cups (8-ounces) of water per day. This is a fairly accurate estimate of how much fluid we should be getting every day. The Dietary Reference Intake set by the Institute of Medicine suggests 2.7 and 3.7 liters of water per day for women and men respectively. Another simple way to calculate your individual water needs? Base it off of how many calories you consume: 30 calories = 1 ounce of water. So, a typical 2,000 calorie diet requires 67 ounces of water, which is just over 8 cups!

Keep in mind that hydration does not come exclusively from drinking water. There are so many ways to hydrate that don't involve a 64 oz. Nalgene bottle.

Why do we need to hydrate?

Our bodies are made up of ~60% water. Keeping our bodies hydrated helps:

1. Maintain Temperature
2. Organ Function
3. Transport Nutrients
4. Eliminate Waste
5. Muscle Function



Signs of Dehydration

- › Thirst
- › Headache
- › Muscle Fatigue
- › Heat Intolerance
- › Dizziness
- › Low Urine Production
- › Very Dark Urine

**Easy way to monitor your hydration status?
Check the color of your urine!**

[Click here](#)¹ to learn what the color of your pee says about you.

Hydration • Myths & Facts

- › **Myth:** Caffeine is a diuretic and will dehydrate you. This is a common myth but caffeine in moderation (16-32 ounces) does not have diuretic properties, does not affect hydration status, and can actually be hydrating.
- › **Fact:** Alcohol is dehydrating. It blocks the function of the main hormone that regulates urine production. When this hormone is blocked, the body does not reabsorb water in the kidneys as it should.
- › **Myth:** If you are thirsty, you are already dehydrated. Our bodies are smart. When you are thirsty, this is your body telling you “HEY, let's get some water! If you don't, then we will make that headache thing happen.”

Hydration Hacks

› Eat Your Water

Red tomatoes, watermelon and strawberries all contain between 92-94% water. Radishes, zucchini, cucumbers and spinach all contain 95% water or more. Aim to eat your water with fruits and vegetables, which are naturally high in vitamins, minerals, antioxidants, and fiber for optimal health.

› Make Fruit Cubes

Blend fruit like strawberries or cucumber with a little water and pour into an ice cube tray to freeze. Then, add ice cubes to a glass of water for a frozen infusion.

› Add Some Flavor

Adding citrus fruit like lemon, lime or orange can really change the flavor of water. Also, using fruit to “infuse” flavor in your water can add a great taste.

› Add Some Bubbles

Seltzer water is just as hydrating for your body as regular water. The carbonation has not been shown to cause any issues for the body. However, drinking carbonated water may cause fullness due to the extra gas - so this may not be the best option for rehydrating after exercise.

Hyperlink

1. <https://health.clevelandclinic.org/2013/10/what-the-color-of-your-urine-says-about-you-infographic>



Fresh Fruit Popsicles

Adopted from Martha Stewart

Ingredients

- › Strawberries
- › Water
- › Kiwi
- › Lemon (squeezed)
- › Blueberries
- › Optional: 100% fruit juice
- › Pineapple

Directions

Slice fruit thinly (leave small fruits whole). Combine fruit in a popsicle mold. Mix water and lemon juice together. Pour over fruit.

Variations

Use your favorite fruits. Also, you can mix a splash of cranberry or pineapple juice with the water instead of lemon juice for a slightly sweeter flavor. Don't overdo it or this can quickly become a high-calorie snack.



Strawberry Lemonade

Courtesy of natashaskitchen.com

Ingredients

- › 4-6 strawberries, hulled and quartered
- › Small handful of basil, scrunched
- › Ice and cold filtered water
- › ½ lemon, sliced

Directions

Fill a juice pitcher to the top with ice and fruit. Slightly scrunch the basil to release the flavor. Cover with cold filtered water. This water is best if allowed to infuse for at least 1 hour. For a quicker option, poke a few holes in the fruit with a fork for instant flavor.