



AUG-SEPT

14
Day

Presents

#MomHydrationChallenge

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| <input type="checkbox"/> 1. Download a water tracker and add alerts | <input type="checkbox"/> 8. Drink water before and after exercising |
| <input type="checkbox"/> 2. Eat 1 cup of pineapple w/ breakfast | <input type="checkbox"/> 9. Keep a water bottle with you |
| <input type="checkbox"/> 3. Drink 4 oz of water each hr. | <input type="checkbox"/> 10. Snack on veggies like cucumbers |
| <input type="checkbox"/> 4. Squeeze a lemon or lime in your water | <input type="checkbox"/> 11. Snack on fruits like strawberries |
| <input type="checkbox"/> 5. Try carbonated water infused with fruit. | <input type="checkbox"/> 12. Drink water with each meal |
| <input type="checkbox"/> 6. Drink a cup of herbal tea | <input type="checkbox"/> 13. Eat a salad with each meal |
| <input type="checkbox"/> 7. Add flavored ice to your water. | <input type="checkbox"/> 14. Reward yourself for reaching your goal |