# 30 Day Hydration Challenge

## How much water should I drink?
- About 12.4 cups for men
- About 9.2 cups for women

*For this challenge, we will aim for **11 cups** (88 oz.) per day for men and women.*

## Factors influencing water needs:
- Exercise or physical activity
- A Hot or Humid Climate
- Overall health
- Pregnancy or breast-feeding

## Benefits of drinking water:
- It has zero calories
- Improves cognitive function
- Possible reduction or prevention of headache pain
- Helps regulate body temperature
- Lubricates and cushions joints
- Removes waste through urination, perspiration & bowel movements

## Know the warning signs of dehydration:
- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Dizziness or lightheadedness

## Check your urine to see if you are well hydrated:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Good</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Good</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Fair</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Dehydrated</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Dehydrated</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Very dehydrated</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Severe dehydration</td>
<td></td>
</tr>
</tbody>
</table>

## Symptoms of severe dehydration:
- Extreme thirst
- Lack of sweat or tears
- Rapid heartbeat
- Weakness
- Breathing rapidly
- Delirium

*Call 911 if symptoms of severe dehydration occur.*

*For every 8 oz. of water you drink, mark off or color in one cup on the tracking sheet.*

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[https://www.cdc.gov/healthywater/drinking/nutrition/index.html](https://www.cdc.gov/healthywater/drinking/nutrition/index.html)