

Spring 2015 WATER nourishment CHALLENGE

Have fun with this! Compete with yourself. Set goals. Ask your best friend, whoever you live with, or me, to meet your goals with you ☺. Research suggests that your body is healthier as you drink more water. Your entire body benefits from water nourishment. As dancers (and athletes) we need to hydrate our muscles and organs in order to move more easily and with more strength and control. Every day, jot down how well you did in meeting your goal of drinking **HALF of your body WEIGHT in ounces**.

Week	Weight divided by 2	How many ounces did you drink each day? M / T / W / Th / F / S / Sun	Total / Total you should drink (ounces per day times 7)
SAMPLE	75	60 / 70 / 60 / 75 / 75 / 25 / 70	435 / 525 (75 times 7)
1 – Jan. 12 – Jan. 18			
2 – Jan 19 – Jan. 25			
3 – Jan. 26 – Feb. 1			
4 – Feb. 2 – Feb. 8			
5 – Feb. 9 – Feb. 15			
6 – Feb. 16 – Feb. 22			
7 – Feb. 23 – Mar. 1			
8 – Mar. 2 – Mar. 8			
9 – Mar. 9 – Mar. 15			
END OF QUARTER March 19, 2015			
Fourth Quarter Begins			
1 – Mar. 30 – Apr. 5			
2 – Apr. 6 – Apr. 12			
3 – Apr. 13 – Apr. 19			
4 – Apr. 20 – Apr. 26			
5 – Apr. 27 – May 3			
6 – May 4 – May 10			
7 – May 11 – May 17			
8 – May 18 – May 24			
9 – May 25 – May 31			
END OF QUARTER June 3, 2015			
☺ School's	Out	For	SUMMER!! ☺

Liquid Measurements

128oz	= 1 gallon	1 cup	= 8oz (1/2 pint)
64oz	= 1/2 gallon	2 cups	= 16 oz (pint)
32oz	= 1/4 gallon (quart)	4 cups	= 32oz (quart)
16oz	= 1/8 gallon (pint)	8 cups	= 64oz (1/2 gallon)
8oz	= 1/16 gallon (1/2 pint)	16 cups	= 128oz (gallon)

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256>