



Challenge: Stay hydrated with April showers!

Hydration is an important part of overall health. Aim for the recommended 64 ounces of fluid a day. Water is the hydration beverage of choice, but all fluids count!

Instructions: In this challenge, give yourself two (2) points for each day you consume 50+ ounces of water or other calorie-free or low-calorie beverages (at least 6+ glasses of fluid).

Name _____ Member Number _____ State _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Earned 25 Points? Submit your points online at:
www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1
 by **May 4** to be entered in the drawing.

Total Points for the Month:

Sponsored



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimes, consult your physician to be sure it is appropriate for you.