WEEK 1 : HYDRATION

**WEEKLY CHALLENGE**: Drink 2+ Liters of water per day.

* Drink 2 liters / 8 glasses / 64 ounces of water (up to 3L)
* You can add flavoring / supplements to the water
* Coffee/tea does NOT count.

**BONUS CHALLENGE**: LIMIT/REDUCE your alcohol consumption.

* Ideally this means ZERO alcohol for this week, but if you at very least are able to limit/reduce your usual amount of alcohol consumption (EG: 1 drink instead of 3) then we will count that as a win and a check mark for the day! (each check mark here is worth half a point).
* Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature
* Studies show that drinking 16 fluid ounces (470 mL) of water before meals may help you lose weight. This is because water can make you feel fuller, stimulate your metabolism, and help you burn more fat.