WEEK 1: HYDRATION

Coach Nates Welcome Video: [2025 Vitrum Health & Wellness Challenge WEEK 1](https://youtu.be/nfvF1iDB3ls)

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

* Drink 2 liters / 8 glasses / 64 ounces of water (+200# try to drink 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: 2 drinks instead of 6) then we will count that as a win and a check mark for the day! (each check mark here is worth half a point).

**DAILY CHECKLIST** (Sunday is a day “off” of the challenge but we still recommend you stick to the plan to get the best results on your follow up scan!)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI | SAT | TOTAL |
| DAILY  (1pt / ✔) |  |  |  |  |  |  | /6 |
| BONUS  (.5 pt / ✔) |  |  |  |  |  |  | /3 |
| AB  (3 ✔ = 3 pts)  (5 ✔ = 4 pts) |  |  |  |  |  |  | /3 |
| MOBILITY  (.5 pt / ✔) |  |  |  |  |  |  | /3 |
| TOTAL  WEEKLY  SCORE |  |  |  |  |  |  | /15 |

**AB WORKOUT** **WEEK 1:** <https://www.youtube.com/watch?v=Nv-RPQmm3uE>

**MOBILITY FLOW WEEK 1**: <https://youtu.be/S77YT12t474> (there are other links attached, you can choose any of them each day)

**AT HOME WORKOUTS**: visit <https://hybridathletics.ca/home/> scroll to the bottom, click the link and download our 15 at home workouts!