

30-Day Water Challenge



Staying hydrated is important—and one of the best things you can do for your body!

When you're ready to start your challenge, your mission is simple: Aim to **drink one more glass of water than you normally would**, each day for 30 days in a row. It's okay if you miss a day here and there, just do your best.

Ready to get started? Time to drink up!

Disclaimer:

If you have been diagnosed with **chronic kidney disease** or **heart failure**, your water needs may be different than most. Check with your healthcare provider before changing your diet or water intake.



Check off all the days when you drank at least one extra glass of water. Click the squares on the left side of each day, or print this out and fill them in by hand. If you're a Livongo member, use your [food log](#) to keep track of your water intake!



1 A general guideline for staying hydrated is **3 liters (about 12 cups) of water per day**. This can change based on your weight, amount of activity, or any chronic conditions you may have. But don't worry if you're not there yet! Work up to it gradually with just one extra glass each day for now.



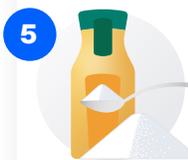
2 So why do you want to drink more water? To have more energy? Promote weight loss? Aid your digestion? Stay hydrated for exercise? Whatever your reason, **write it down** to remind yourself of your motivation.



3 Start simple. Check out our article on how you can **make water the easy choice** by keeping it around and visible.



4 Don't just wing it. Make a plan. **Schedule an alarm** on your phone or on your computer. This can remind you to drink up!



5 How much sugar do you drink each day? **Here's an article** to help you find out **how much sugar is in some everyday beverages**. A good argument for replacing a sugary drink with water!



6 After yesterday's article, you might be wondering *why* it's helpful to reduce your sugar intake. Here's **how curbing sugar helps your body**.

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Drinking more water doesn't mean you have to give up on flavor. We've got a tasty list of [sweet alternatives to sugary drinks](#), including some delicious flavored water options!



8

Dining out is a great excuse to have an extra glass of water. It's free, it's easy, and they bring it to you without even being asked. Challenge yourself to **drink the full glass by the time your food arrives**.



9

Strong thirst, dizziness, fatigue, dark urine, urinating less often — these are all **symptoms of dehydration**. If ever you notice any of these symptoms, try drinking water right away.



10

Do you work from home more often these days? Keep a water bottle handy, and keep refilling it to get more steps into your day. Find [more work-from-home tips here](#).



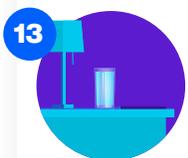
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Disposable plastic water bottles are a huge hassle in the kitchen — and for the planet. **Find a reusable metal, glass, or BPA-free plastic water bottle** that reflects your personality and suits your needs.



12

Carry your water with you, even on a long haul. Try using a backpack hydration pack when you're on a hike, a jog, or even just a stroll around the park with the kids.



13

Fill a glass of water before bedtime and keep it at your bedside or in your bathroom. Then you can **drink a full glass of water first thing in the morning**.



14

Sometimes our bodies can't tell if they're thirsty or hungry. Here are some ways you can [manage triggers to avoid overeating](#), like drinking water first when you have a craving for high-calorie treats or snacks.



15

Today is your halfway marker in the challenge! How is it going for you? **Jot down which tactics have worked so far** to help you get more water. Keep adding to this list as you discover more ways to get one extra glass of water each day.

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Don't wait until you're thirsty. **Sip on water throughout the day** to stay ahead of the curve.

17



Doing this challenge alone? **Find a "water buddy"** to finish this challenge with you! They can help motivate you and hold you to it.

18



Getting bored with H₂O? Switch it up with a **different water bottle for each day of the week**. Different colors and shapes can help keep this challenge fresh.

19



Remember to **drink more on hot days**. You may not feel sweaty, but your body might still be using more water to stay cool.

20



Try replacing an unhelpful habit with a healthier one! If you're trying to quit smoking, you can reach for an ice-cold water bottle instead of a cigarette. Combine this tactic with more [tips to quit nicotine for good](#).

21



If you have trouble remembering to drink water, **try adding it to a habit you already have**. Plan to drink a full glass right after you brush your teeth, or right when you begin work. Author S.J. Scott calls this Habit Stacking, and it really works!

22



Keep a water bottle in your car. Work commutes and long drives are a great time to rehydrate.

23



How pure is your tap water? If you're not sure, consider getting a **water filter** to purify your drinking water.

24



You've heard of "out of sight, out of mind." Try the opposite with water! **Keep a pitcher or big water bottle in plain view** to remind yourself to drink up.

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25

Long flights can dehydrate our bodies. **When you're on a plane, start with some water** before you have any other kind of beverage.



26

Vacations often bring us out of our normal routines. Which is great! But your body still needs water. If you drink alcohol, **alternate alcoholic drinks with a glass of water** so you can stay hydrated. Find more tips like this to help [stay on track with your health goals on vacation](#).



27

Do you feel addicted to your phone? **Keep a glass of water anywhere you'd normally have your phone**. This will help you reach for water more, and for your phone less. Win-win!



28

Add a "lift" to the challenge. **Mineral water or carbonated water** can add more flavor and texture to what normally might taste pretty plain.



29

You're almost done! Finish strong with a big glass of water today and tomorrow. Think about how you'll **reward yourself** for completing this challenge. A new book? A massage? A game? A new tool? Treat yourself to something fun and calorie-free.



30

Congratulations, you've finished the challenge! **Keep a list** of which tactics to drink more water worked for you. You can continue to use them in the future to stay hydrated all year long.

Not a Livongo Member?

Livongo offers support for diabetes, blood pressure, weight, mental health, and more!

See if you're eligible at [enjoy.livongo.com/new](https://www.livongo.com/new) or call (800) 945-4355.