

Good Morning Mompreneur's!

It's time to dust off those water bottles and put that tracking tool to good use – let's drink some water! Starting today and each day of this challenge, you're going to drink half of your body weight in ounces of water. For easy math purposes, if you were to weigh 100 lbs, you would need to drink 50 ounces of water each day (100lbs/2=50oz).

Now that you have your number there are a few circumstances to take into consideration:

- If you are pregnant or nursing, you should add an extra 12 oz of water to your daily total.
- If you workout or are a person who sweats a lot, you should add in an extra 12 oz of water to your daily total.
- Coffee, tea, soda, and alcohol **do not** count towards your daily water intake. You're still able to drink these items, but I challenge you to drink less of them this week.

Why are we focusing on daily water intake?

In a study published in the Annuals of Nutrition and Metabolism back in June of 2017, the authors found that women who were mildly dehydrated experienced more challenges in the areas of fatigue, cognition, and headaches compared to their male participants. In a similar study published in the British Journal of Nutrition, women were asked to restrict their fluid intake for 24 hours and the participants reported increased sleepiness and fatigue. They were also less vigorous and less alert, more confused, less calm, and less happy.

By ADDING water to your day, you're automatically:

- Increasing your energy levels
- Increasing your ability to think effectively
- Boosting your immunity
- Flushing toxins (sugar, caffeine, alcohol) out of your body
- Decreasing caloric intake
- Decreasing belly bloat

Sounds like a great ROI, amiright?!

Today's re-cap:

- Today and every day of the challenge, your goal is to drink half of your body weight in ounces of water.
- Snap a pic of you and your water bottle when you hit the halfway point of your daily intake then post it to our Facebook group!
- Don't forget to tune into the Facebook Group at 8:15 pm CST tonight for my LIVE video.

Cheers mama's!

-Kirsten

PS – If you missed yesterday's pre-challenge email, [click here](#) to read it on the archive page.

PPS – If you haven't joined the Facebook Group yet, [click here](#).