

# 21 Day Water and Walking Challenge

## January 11 – 31, 2021

This challenge is designed to get you drinking more water and walking more on a daily basis. We will not be challenging one another, but would like you to keep track of your daily progress for your own benefit.

**Water Goal:** Take your body weight and divide in half in order to find the # of ounces that will be your target amount daily (Example: 175 pounds/2 = 87.5 ounces daily)

### Week 1 – Getting Started

- Start the day by drinking a big glass of water in the morning when you get up
- Fill a one-liter bottle of water and drink it throughout the day working up to your personal target amount. Try drinking just a few ounces more each day to meet this goal.
- Get outside or on the treadmill and walk for at least 10 minutes each day. Try to increase your walking speed gradually throughout the week to see if you can complete a longer distance in the same time.

You are more than welcome to do more but this is the minimum for the first 7 days of the challenge.

### Week 2 – Stepping it up

- Start the day by drinking a big glass of water in the morning when you get up
- Fill a one-liter bottle of water and drink it throughout the day working up to your personal target amount.
- Walk for 20 minutes daily (if you want to, you may do this all at once or break it down into two 10 minute walks). Try to increase your walking speed gradually throughout the week to see if you can complete a longer distance in the same time.

Again, you can do more, this is just the minimum.

### Week 3 – Moving up a gear

- Start the day by drinking a big glass of water in the morning when you get up
- Fill a one-liter bottle of water and drink it throughout the day working up to your personal target amount.
- Have a glass of water with your meals
- Walk for 30 minutes daily (if you want to, you may do this all at once or break it down into three 10 minute walks or two 15 minute walks). Try to increase your walking speed gradually throughout the week to see if you can complete a longer distance in the same time.

### Moving forward

Try to continue adding these new habits to your daily routine in order to experience long-term health benefits.

