

90 Day Fit 5 Fitness Challenge



HYDRATION TRACKER



Circle how many bottles of water drank each day

Month: September

Daily Goal: 5 bottles of water

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Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance

Reflection: What are some ways to drink more water throughout the day?





HYDRATION TRACKER



Circle how many bottles of water drank each day

Month: October

Daily Goal: 5 bottles of water

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Reflection: What kind of drinks are still okay to drink sometimes other than water?





HYDRATION TRACKER



Circle how many bottles of water drank each day

Month: November

Daily Goal: 5 bottles of water

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Reflection: Did you drink water during each meal you ate?





HYDRATION TRACKER



Circle how many bottles of water drank each day

Month: December

Daily Goal: 5 bottles of water

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Dehydration can happen if you lose too much water without drinking more, which can cause your body to not work as well. Dehydration of 1-2% of your body weight can decrease your sports performance

Reflection: Did you drink water before, during, and after exercise?



Special Olympics
Maryland

