

WATER CHALLENGE

Staying hydrated is an easy, effective way to improve overall health and well-being.

Benefits of Staying Hydrated

- Regulates body temperature
- Promotes weight loss by increasing satiety and boosting metabolism
- Helps treat and prevent headaches
- Supports healthy airflow by thinning congestion and moistening nasal passages

Tips for Success

- Get a buddy to sign up and stay accountable!
- Stay updated and Join the NOMC Water Challenge Facebook Group. Use #waterchallenge on social media.
- Stick with it! It's OK if it takes longer than 30 days to do this challenge. Take your water bottle with you and refill everywhere you go.
- Flavor your water!

NOMC'S 30 DAY WATER CHALLENGE



BODY WEIGHT (LBS)	OUNCES OF WATER DAILY	NOMC WATER BOTTLES DAILY (24 oz bottles)
100	50 - 67	2 - 3
110	55 - 73.7	2 - 3
120	60 - 80.4	2.5 - 3.5
130	65 - 87.1	2.5 - 3 1/2
140	70 - 93.8	3 - 4
150	75 - 100.5	3 - 4
160	80 - 107.2	3 - 4 1/2
170	85 - 113.9	3 1/2 - 4 1/2
180	90 - 120.6	4 - 5
190	95 - 127.3	4 - 5 1/2
200	100 - 134	4 - 5 1/2
210	105 - 140.7	4 1/2 - 6
220	110 - 147.4	4 1/2 - 6
230	115 - 154.1	4 1/2 - 6 1/2
240	120 - 106.8	5 - 6 1/2
250	125 - 167.5	5 - 7
260	130 - 174.2	5 1/2 - 7 1/2
270	135 - 180.9	5 1/2 - 7 1/2
280	140 - 187.6	6 - 8
290	145 - 194.3	6 - 8
300	150 - 201	6 - 8 1/2
310	155 - 207.7	6 1/2 - 8 1/2
320	160 - 214.4	6 1/2 - 9
330	168 - 216	7 - 9

www.neworleansmusiciansclinic.org | [#waterchallenge](https://www.facebook.com/groups/nomcwaterchallenge/) | <https://www.facebook.com/groups/nomcwaterchallenge/>

JOIN THE #WATERCHALLENGE

- **Step 1:** Make a donation* to the NOMC and receive a specialty water bottle.
- **Step 2:** Calculate your daily water intake goal. (see chart for reference). Challenge yourself to meet your goal every day for the next 30 days. For every day you do, mark it off on the punch card.
- **Step 3:** Track your success and promote the challenge using #waterchallenge on social media! Join our Water Challenge Facebook Group for motivational posts, fun photos and tips to help you meet your goals!

(*suggested \$20 donation for specialty water bottle + additional shipping expense if not in the New Orleans Area)



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