



Nutrition Challenge: Week 1, Day 1

Drink at least 2 -16oz. bottles of water each day this week.



- You'll want to repeat this the day before the race AND on race day at least one hour before the race
- Did you know that a person can survive without food for more than 30 days, but less than a week without water?
- Did you know being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight? If you're thirsty, you're already dehydrated -- and this can lead to fatigue.

I MET MY NUTRITION GOAL FOR WEEK 1!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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