## Week 1 - Water Intake Challenge

### Day 1
- Aim to drink something after every half an hour. Your liquid intake can be through different sources like butter milk, soya milk, vegetable juices, soup, low fat milk and water.
- You should aim for a 30 minute workout – 5 minute warm-up + 20 minutes of walking + 5 minutes of cool down and stretching.

### Day 2
- Soak 3-5 neem leaves in water the previous night in a copper vessel. Drink the neem water first thing in the morning.
- Increase your liquid intake today by adding one more glass of any one of these (water, milk, butter milk, juice, soy milk etc.)
- Workout for 30 minutes – 5 minute warm-up + 20 minutes of walking + 5 minutes of cool down and stretching.

### Day 3
- Increase your intake of fresh water by 2 to 3 glasses. You should aim to drink water after every visit of washroom and after every cup of coffee and tea you drink.
- Start with a warm-up followed by 20 minutes of walking at a normal pace (aim to increase your speed after every 5 minutes) and then for cool down target high breathing and stretching exercises for 5 to 10 minutes.

### Day 4
- Set the target – Fill up your water bottle/ jug/ pitcher and try to finish it up as quickly as possible. Aim to drink 3/4th of the quantity, during the day and remaining 1/4th, in the evening.
- Go for Brisk Walking – Start your routine with a quick warm-up for 5 minutes, instead of walking at a normal pace do brisk walking for 20 minutes, followed by a 5 minutes cool down (breathing and stretching exercises.)

### Day 5
- Add Flavours in your water: Drink lemonade instead of just water. Remember to increase your liquid intake with milk, soy milk, juice, lemonade and other fluids.
- For workout go for 20 minutes of Brisk Walking with 5 minutes of warm-up and 5-10 minutes of cool down.

### Day 6
- Drink two glasses of water immediately after waking up.
- Don’t forget to workout: After a quick 5 minutes warm-up go for 20 minutes of brisk walking followed by 5 minutes of cool down.

### Day 7
- Soak 3-5 neem leaves in water the previous night in a copper vessel. Drink the neem water first thing in the morning.
- Aim to drink as much as you can of any of these - lemonade, juice, milk, butter milk, soy milk. You should try replacing pure water with lemonade without salt.
- Let your muscle rest: Do 20 minutes of slow walking to stay active.