






















BWLW's September Water Challenge - September 1-21, 2021

Challenge goal: Drink at least 64 ounces of water for 21 Days. Each Bottle = 16 oz of water.

(Feel free to drink more than 64 oz. Do what works for you) FB & IG: @BlackWomenLosingWeight

Day 1 Total Ounces: 	Day 2 Total Ounces: 	Day 3 Total Ounces: 	Day 4 Total Ounces: 	Day 5 Total Ounces: 	Day 6 Total Ounces: 	Day 7 Total Ounces: 
Day 8 Total Ounces: 	Day 9 Total Ounces: 	Day 10 Total Ounces: 	Day 11 Total Ounces: 	Day 12 Total Ounces: 	Day 13 Total Ounces: 	Day 14 Total Ounces: 
Day 15 Total Ounces: 	Day 16 Total Ounces: 	Day 17 Total Ounces: 	Day 18 Total Ounces: 	Day 19 Total Ounces: 	Day 20 Total Ounces: 	Day 21 Total Ounces: 



Show us your bottles! Post your photos on social media with the Challenge Hashtag: #BWLWaterChallenge.

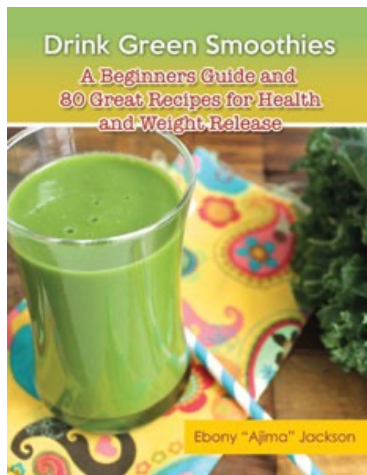


Our Goal for September 1st thru September 21st: Drink at least 64 ounces of water per day. 64 ounces is the same as the old fashioned rule of eight 8 oz glasses of water a day. If you are doing a lot of sweating and exercising and you are already drinking 64 oz per day, consider drinking even more water. If you want to drink a gallon (128 oz) or half your body weight, that's great too. The choice is yours.

This month, we will commit to cutting out/cutting back on drinking empty calories. Track your daily ounces with this month's tracking calendar. Four 16oz water bottles = 64oz.

- Soda
- Sweet tea and other drinks with added sugar or sweeteners
- Store bought juice - Any juice from concentrate
- Alcohol

Instead we will drink...



- Water 70-80% of the time, along with...
- Herbal Tea sweetened with [Natural Sweeteners](#), like stevia and honey. (Use sweeteners in moderation)
- Freshly made juice
- Water infused with fruit, tea, mint, etc...
- Fresh, homemade smoothies

Need some smoothie ideas? [Check out our Green Smoothie Book!](#)

Join the Daily Check-in

During the challenge, we will post a check-in post in our [Facebook group](#) and on [Instagram](#) every evening at 6:30 pm EST where you can leave a comment and share how much water you're drinking each day. *Note: You **don't** have to drink all of your water by 6:30pm. The post will go up at 6:30 and you can post your water total anytime after that.*

*Medical Note: If there is any reason why you should not increase your water intake due to kidney issues, edema, any ailment or a chronic illness, **do not participate in this challenge**. When in doubt or if you have any questions speak with your doctor.*

Q & A

Why should you drink more water?

- Drinking more water can help [boost your metabolism](#) for weight loss.
- Drink water to stay hydrated. Dehydration is dangerous for your health and saps your energy levels.
- Your brain, tissues and organs rely on water to stay in good health. Your muscles need water to stay toned.
- Drinking more water can actually help relieve [water retention](#). It allows the body to stop trying to store water to combat dehydration.

How much water should I drink per day if I'm just starting out?

If you have always had an issue with drinking enough water or are drinking less than 24 oz per day, we suggest you start with 24 oz of water and work your way up to 64 oz. This challenge is NOT about going overboard. Simply adding 24 ounces more of water a day can make a big difference, especially when you are exercising.

[Some sources suggest](#) that we should take our body weight, cut that number in half and use that number as a guide for the number of ounces of water we need each day. So, if you are 200 pounds, you may want to shoot for 100 ounces of water a day as a goal for the end of the month. Of course there are cases where you should drink more than the minimum of 64 oz, especially if you are working out hard, breast feeding, living in a very warm climate, etc.

Here at BWLW, we don't suggest that you drink more than a gallon of water per day (128 oz) (...unless you are already doing so with no issues, or if you are an athlete/someone who is training hard and sweating a lot.) **A gallon could be WAY too much water for some people's systems to handle, especially if you drink too much in one sitting or your body is not used to drinking that much water.** Going from consuming say, 30 oz a day to drinking 128 oz in a matter of days is not recommended. Everyone's needs are different and your goals have to be realistic. Take it slow, do your research and listen to your body.

Of course, we all see people in the gym walking around with gallon jugs, and that's fine, especially in the summer while doing intense workouts in the heat. There is nothing wrong with drinking a gallon a day if you are healthy enough to do so and it works for you. However, when you aren't even drinking 64 oz regularly, it's ok to start out with a smaller goal.