



HEALTH AND WELLBEING CHECKLIST

Date

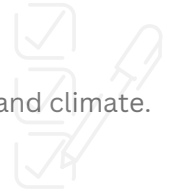
14

Daily Hydration Tracker

Staying hydrated is essential for overall health and energy. Use this checklist to ensure you're drinking enough water throughout the day.

Determine Your Daily Hydration Goal

- Aim for about 8-glasses of water (64-80 ounces) or adjust based on your activity level and climate.
- Tip: Consult your doctor for personalised hydration needs.



Start Your Day with Water

- Drink a glass of water first thing in the morning to rehydrate after sleep.
- Tip: Keep a glass or bottle on your nightstand as a reminder.



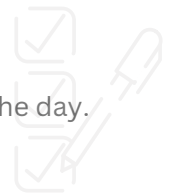
Carry a Reusable Water Bottle

- Keep a bottle with you at all times to make drinking water more convenient.
- Tip: Choose a bottle with measurement marks to track your intake.



Set Hydration Reminders

- Use phone alarms or apps like WaterMinder to prompt you to drink water throughout the day.
- Example: Set reminders for every 2 hours.



Flavour Your Water

- Add natural flavours like lemon, cucumber, or mint to make water more appealing.
- Tip: Experiment with fruit infusions for variety.



Drink Before Every Meal

- Have a glass of water before eating to improve digestion and prevent overeating.
- Tip: Use this as an anchor habit to build consistency.



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Track Your Progress

- Use a hydration app, journal, or water-tracking bottle to monitor your daily intake.
- Tip: Celebrate when you meet your hydration goals.



Replace Sugary Drinks with Water

- Swap sodas and sugary beverages for water to reduce calorie intake and stay hydrated.
- Example: Replace your afternoon soda with sparkling water.



Hydrate Before and After Exercise

- Drink water before starting physical activity and rehydrate after your workout.
- Tip: Bring a water bottle to the gym or your activity space.



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