



Your hydration strategy.

How much water do you need? The amount varies from person to person, depending on many factors including your environment, activity level, and caffeine consumption. And it may surprise you.

First, refer to your three-day intake data for your daily water consumption. Then average those amounts together in the boxed marked **Daily Hydration Average** to get a general idea of how much water you're drinking now.

Next, work the **Hydration Equation** to see how much water you should be drinking. Use an estimate, based on your intake evaluation, for how much caffeinated and/or caloric beverages (including alcohol) you consume. Remember that the figure you get here is your general hydration target. You should base your daily water intake on your exact needs each day. The daily spreads will make it easy to do that.

Many people that think they stay adequately hydrated are surprised to find, when they do this exercise, how little water they are actually drinking; this may be the case for you. Don't worry; you're not alone! And you're in for a treat; once you do make adequate hydration a habit, your body will begin operating with such efficiency that low energy, cravings, and caffeine urges will be threatened with extinction.

Daily Hydration Average

[Day 1 (..... oz) +

Day 2 (..... oz) +

Day 3 (..... oz)] ÷ 3 = =

your daily water average

Hydration Equation

(your current bodyweight (#)) ÷ 2 +

(# caffeinated and/or caloric beverages) * 8 =
oz water goal

Your turn:

(..... #) ÷ 2 = +

(#.....) * 8 =

your daily water goal:

