

Water Intake

Ways to tackle the most common reasons for not drinking enough water



1 Don't know how much to drink

Rule of Thumb for drinking water:

	$\frac{1}{2}$ your body weight in oz	=	Your Baseline Amount per day
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+0.09x your body weight for every extra hour of activity

2 Keep Forgetting to Drink it

Get yourself a waterbottle you love



and carry it around with you wherever you go. Having it with you will help you to remember to drink it!

3 Lose Track of How much Water You've Had

Use The Rubber Band Method

place rubber bands on your water bottle or glass and remove one each time you finish a bottle to keep track of your intake



4 Don't Like the Taste



Add Fruit and Herbs

Add fresh or frozen fruit like strawberries, blueberries, lemon, peaches, cucumber or fresh herbs like mint, rosemary or lavender to improve the taste. You can also add fruits to ice cube trays and freeze them ahead of time to cool down your water on these hot summer days!

5 Get too Busy and Go the Whole Day Without Drinking Any

Download a Reminder App

Download an app like the "Drink Water Reminder" app that will send you notifications reminding you to drink water throughout the day



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