



Getting started

The amount of fluids and/or water you should drink will vary from person to person depending on their needs and lifestyle. As a general principle both the Food Standards Agency and British Dietetic Association recommend that the average adult should drink between 1.8 and 2 litres of water per day (about 6-8 glasses), unless you have a medical condition that prevents you from doing this.

Our bodies lose approximately 2.5 litres of water each day just by breathing, sweating and going to the toilet. Consequently, if we don't pay proper attention to topping up our water intake, it's easy to become dehydrated.

Experts believe that most of us are dehydrated to some extent, most of the time.

Dehydration will cause drowsiness, headaches, dry skin, eyes and lips, poor concentration levels and irritability. Keeping properly hydrated will improve your complexion, reduce headaches, promote regular bowel habits with less constipation and leave you feeling more energised.

As your hydration levels change throughout the day, you need to continually keep an eye on how hydrated you are at any one time. The simplest way to do this is to check the colour of your urine each time you visit the toilet and compare the colour against the following chart:



“Healthy pee is 1 to 3, 4-8 you must hydrate!”

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

This 4-week plan is incredibly simple to follow. Just complete the five daily statements in your personal training plan

(shown on the next page).

Print off your training plan and place it on your fridge, or in a visible place. Track your progress and each day give yourself a tick if you managed to do those things. Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7. Continue to track your success for 4 weeks. You will probably find that at the end of 4 weeks you are doing these things without thinking about it; in other words they have now become your new habits. You may notice a positive effect on your sleep and headaches (if you have regular headaches) and especially your energy levels!



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Check my urine colour throughout each day							
Learn to spot my signs of dehydration							
Drink up to 6-8 glasses of water/fluids each day							
Replace at least two of my regular drinks of coffee, tea or fizzy pop with water							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Check my urine colour throughout each day							
Learn to spot my signs of dehydration							
Drink up to 6-8 glasses of water/fluids each day							
Replace at least two of my regular drinks of coffee, tea or fizzy pop with water							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Check my urine colour throughout each day							
Learn to spot my signs of dehydration							
Drink up to 6-8 glasses of water/fluids each day							
Replace at least two of my regular drinks of coffee, tea or fizzy pop with water							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Check my urine colour throughout each day							
Learn to spot my signs of dehydration							
Drink up to 6-8 glasses of water/fluids each day							
Replace at least two of my regular drinks of coffee, tea or fizzy pop with water							
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
I'm drinking more water and fluids this week than when I first started this plan? Enter 'Yes' or 'No'				

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.