



Daily Hydration Checklist

Simple habits to help you drink regularly throughout the day.

MY DAILY PLAN

Date: _____ My bottle size: _____ oz My refill goal: _____

CHECK IT OFF

- **Morning:** Drink water after waking up and with breakfast.
- **School / work:** Keep water within reach and sip between tasks or classes.
- **Lunch:** Choose water as your main drink.
- **Afternoon:** Refill your bottle before practice, errands, or outdoor time.
- **Activity:** Take regular drink breaks before you feel very thirsty.
- **Dinner:** Have water with your meal.
- **Evening:** Check your progress and finish your personal goal without forcing extra fluid.

QUICK BODY CHECK

Thirst, a dry mouth, headache, tiredness, dizziness, or urine that is darker than usual can be signs that you may need more fluids. Urine color is only a rough guide - medicines, vitamins, foods, and health conditions can change it.

Hydrate smarter: Your fluid needs change with age, body size, activity, heat, pregnancy, illness, and some medical conditions. Water is a strong everyday choice; foods and other beverages can also contribute fluid.

TODAY'S WIN

One hydration habit I did well today: _____

One thing I will improve tomorrow: _____

Safety note: People with kidney, heart, or other conditions that affect fluid balance should follow the fluid guidance given by their healthcare professional.