

Water & Everyday Hydration

Supports: Building Block 2 — Tracking, Hydration & Eating Awareness

Why It Matters

Water does a lot of quiet work in your body — it helps with digestion, carries nutrients, regulates your temperature, and clears out waste. When you're even a little low, you may notice a dip in focus, a headache, or a low mood, and sometimes what feels like hunger is really thirst. Staying hydrated is one of the simplest ways to help yourself feel sharper and more comfortable through the day. Water is the healthiest choice for your main beverage, and small habits can make it easy to get enough.

What to Know

How much, and how to tell

There's no single number that fits everyone. Your needs shift with your size, how active you are, the weather, and what else you eat and drink. Rather than chasing an exact amount, let your body guide you: feeling thirsty is a sign you've waited a bit too long, and urine that's clear or pale yellow, with regular bathroom trips, usually means you're doing well.

Thirst or hunger?

Because mild dehydration can feel a lot like hunger, it can help to drink a glass of water and wait a few minutes when a craving hits between meals. If the urge fades, you were likely thirsty. If you're still hungry, that's real information too — go ahead and have a balanced snack.

Make it easier to drink

- Keep a glass or bottle where you'll see it — your desk, counter, or nightstand.
- Sip small amounts often instead of chugging; drink a few ounces each time you pass the sink.
- Have water with meals, since food helps your body take it in.
- Start your morning with the glass you set by your bed the night before.
- Carry a bottle you like so it comes with you and reminds you to sip.

Flavor it — without the sugar

If plain water feels boring, infuse it with fruit and herbs instead of reaching for sugary or artificially sweetened packets. Add your combination to a pitcher or bottle, fill with water, and let it sit a few hours or overnight in the fridge.

- Lemon, mint, and cucumber.
- Raspberry, lime, or a mix of berries.
- Blueberry, pineapple, and mint.
- Apple and cinnamon, or peach and watermelon.

Cold and convenient. Keep a pitcher chilling in the fridge and set a phone reminder or two through the day. Easy access removes most of the reasons we skip it.

Try This

Choose one hydration habit from this page to try this week and set up a cue that makes it almost automatic.

? What usually gets in the way of drinking enough water for you?

? Which reminder or setup could you put in place today?

? Next time you feel snacky between meals, what will you try first?
