

Ripple Effect



Tracking Sheet

Well~Connected challenges you to drink the recommended daily amount of water that's right for you. Mark each day that you meet your daily recommended water consumption.

Week 1: Determine how much water is right for YOU!

See the chart below to determine if you should drink more than 9 - 8oz glasses of water each day.

The right number of 8oz glasses of water that's right for you =

	Day 1	2	3	4	5
Drank the Minimum 9 Glasses of Water	<input type="checkbox"/>				
Drank Additional Glasses as Needed	<input type="checkbox"/>				

Week 2: Try some of these tips to help you stay hydrated!

- Drink a glass of water when you awaken and 30 minutes before meals
- Carry a water bottle with you
- Flavor your water with fruit
- Set reminders on your phone
- Keep track of your water consumption

	Day 6	7	8	9	10
Drank the Minimum 9 Glasses of Water	<input type="checkbox"/>				
Drank Additional Glasses as Needed	<input type="checkbox"/>				

Week 3: Include water-rich foods in your diet!

- Eat fruits like strawberries, melons, oranges, grapefruit, and peaches
- Work in vegetables such as lettuce, cucumbers, tomatoes, zucchini, peppers, cauliflower, and spinach
- Add soups, skim milk, yogurt and cottage cheese to your diet

	Day 11	12	13	14	15
Drank the Minimum 9 Glasses of Water	<input type="checkbox"/>				
Drank Additional Glasses as Needed	<input type="checkbox"/>				

How much water is right for YOU?

The minimum amount of water for an average adult is 9 - 8oz glasses per day. For some it needs to be increased for the following:

- If you exercise and sweat - Add 24-32oz or 3-4 glasses
- If you are pregnant or breast feeding - Add 32-64oz or 4-8 glasses
- If you work outside in the heat - Add 32oz or 4 glasses for every hour spent working in the heat
- Men generally require an additional 24-32oz or 3-4 glasses
- If you live in a hot climate - Add 24-32oz or 3-4 glasses