Infused Water Ideas

Try These Refreshing Combinations

- Lemon + Thyme
- Cucumber + Lime + Strawberry + Mint
- Orange + Star Anise + Hibiscus
- Watermelon + Honeydew + Mint
- Lime + Ginger Root + Basil
- Cucumber + Mint + Jalapeno
- Lemon + Raspberry + Rosemary
- Orange + Blueberry + Basil

Gather loose herbs and flowers in a tea infuser.

Crush ginger and leafy herbs to release flavors.

Keep it simple. Think of flavor combos you like in other recipes and build from there.
WATER TRACKER

INSTRUCTIONS: FILL IN A DROP FOR EACH GLASS YOU DRINK

GOAL: FINISH THE WEEK WITH ALL YOUR DROPS FILLED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY
AM I DEHYDRATED?
HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:
- Thirst
- Dry mouth
- Fatigue
- Headache
- Infrequent urination and/or dark urine
- Constipation
- Dizziness or lightheadedness
- Muscle cramps
- Cravings for sweets
- Altered mood, crankiness, or fuzzy thinking

SIGNS OF SEVERE DEHYDRATION INCLUDE:
- Rapid breathing
- Rapid heartbeat
- Severe dizziness or lightheadedness
- Unconsciousness or delirium
- Not urinating, or having very dark-colored urine
- Extremely dry or shriveled skin that lacks elasticity
- Sunken eyes
- Extreme thirst
- Low blood pressure
- Not sweating even when you should be (for instance while out for a run in hot weather)