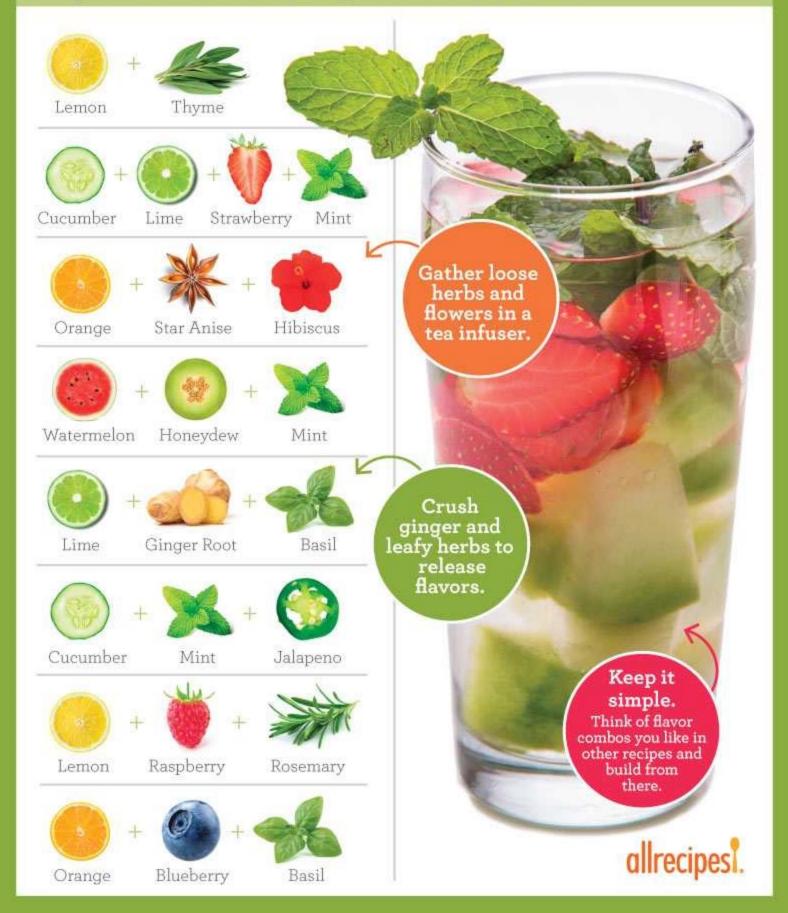
Infused Water

Try These Refreshing Combinations



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

CrayonsAndCravings.com

AM I DEHYDRATED? HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:

SIGNS OF SEVERE DEHYDRATION INCLUDE:



THIRST



DRY MOUTH



RAPID BREATHING



RAPID HEARTBEAT



FATIGUE



HEADACHE



SEVERE DIZZINESS OR LIGHTHEADEDNESS



UNCONSCIOUSNESS OR DELIRIUM



INFREQUENT URINATION AND/OR DARK URINE



DRY SKIN OR SKIN THAT'S LOST ITS ELASTICITY



NOT URINATING, OR HAVING VERY DARK-COLORED URINE



EXTREMELY DRY OR SHRIVELED SKIN THAT LACKS ELASTICITY



CONSTIPATION



DIZZINESS OR LIGHTHEADEDNESS



SUNKEN EYES



EXTREME THIRST



MUSCLE CRAMPS



BAD BREATH



PRESSURE



NOT SWEATING EVEN
WHEN YOU SHOULD
BE (FOR INSTANCE
WHILE OUT FOR A RUN
IN HOT WEATHER)



CRAVINGS FOR SWEETS



ALTERED MOOD, CRANKINESS, OR FUZZY THINKING