

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



DRY SKIN OR SKIN THAT'S LOST ITS ELASTICITY



CONSTIPATION



DIZZINESS OR LIGHTEADEDNESS



MUSCLE CRAMPS



BAD BREATH



CRAVINGS FOR SWEETS



ALTERED MOOD, CRANKINESS, OR FUZZY THINKING

SIGNS OF SEVERE DEHYDRATION INCLUDE:



RAPID BREATHING



RAPID HEARTBEAT



SEVERE DIZZINESS OR LIGHTEADEDNESS



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)