the hydration cheat sheet

how to put your hydration on auto-pilot...



hydration is critical

make it your number one focus



You watched my first two videos, right? So you now KNOW how critical proper hydration is.

If you want to get even **close** to your big health goals, no matter what they are then you have to start properly hydrating your body with the high quality water we talked about in video 1.

In this short(ish) document I am going to give you my **hydration cheat sheet,** plus a more **detailed break down of my system** for you to refer back to.

I'll also give you the hydration calculator and finally a blank transition chart you can print and use to build up your hydration to the 3-4 litres you need for optimal health, energy and vitality.

so lets get super hydrated

hydration cheat sheet

1 CARRY A BIG BOTTLE EVERYWHERE YOU GO!

1 litre!

if you get through just one of these during the WHOLE day that's 1 litre

2 litres!

drink a 500ml glass after cleaning your teeth morning & night

2 ATTACH HYDRATION TO EXISTING ROUTINES

3 USE PHONE APPS TO SET HYDRATION REMINDERS

3 litres!

a reminder at 11am & 3pm for 500ml of water

that's another 330ml

3.3 litres!

4 SUBSTITUTE COFFEE/TEA FOR WATER ONCE PER DAY

5 ALWAYS HAVE WATER AVAILABLE AT YOUR DESK

making it easy to have another two 330ml glasses

4 litres! done!

which means the super water-rich foods you eat are all a beautiful alkaline bonus!

6 GET HYDRATION FROM FOODS AS WELL AS WATER!

7 KNOW YOUR OUTCOME & PLAN FOR SUCCESS!

use the transition chart in this guide to plan how you're going to slowly transition yourself from wherever you are now to drinking your minimum quantity of quality water EVERY DAY!

the hydration system

in a bit more detail...

The above cheat-sheet is great to print out and have handy! But for more explanation here is some detail on each of the points...

one: big bottle love

Always having a big bottle with me is my best tip because with everything I've tried, this is the one thing that guarantees that I always stay super-hydrated and replenished. Here I am, literally right now, as I type this guide up, in a hotel in New Zealand....with my water bottle!



I ALWAYS have a 1 litre bottle with me and it works so well. Before I did this I would **so often** think 'oh yeah...water' during the day, but not have any on me and be in the middle of something. Usually answering questions on the blog! And by the time I've finished doing what I'm doing I've forgotten all about the water...and then before I know it...it's the evening and I'm SO dehydrated! Does this sound familiar to you?

Having a 1 litre bottle means you're almost guaranteed to drink at least one bottle, so you're 1/4 of the way there...! Combine this with tips 2-7 and you'll easily be at 4 litres.



two: routine

This is such a brilliant tip...even if I do say so myself! It's really bloody hard to make new habits and get them to stick...so attach your hydration to a habit you've already got! Cleaning your teeth is a perfect one. SO...after you clean your teeth morning and night have a big glass of water. 2x330ml is another 660mls towards your target!

three: reminders

With the technology we have around us now, there is no excuse for forgetting ANYTHING! And of course, I never forget anything now....



This can really help with your hydration goals because one of the biggest bits of feedback I get from you guys is that it's not that you don't want to drink more water... but that you simply FORGET!

You get to the end of the day and then realise you've hardly had anything to drink! So if you just set 2 or 3 reminders during the day this will prompt you to get drinking!

You don't need to have all of these reminders forever, but try it for a month and see how you go! My personal recommendation for the iPhone/iPad is the app called "Remember the Milk" - it looks like the picture above!



four: substitutions

It's all about picking a few simple, easy to remember things that will all contribute to your hydration - so substituting water in when you would normally have a cup of coffee or tea, just twice per day will add another 660ml to your daily hydration. Do it 3 times and, whoa, thats another litre!

five: water at your desk

This sync's in really nicely with point four about substitutions - you only have to kinda half do it and you will easily get another 600ml - 1 litre into your day. All you have to do is have either a couple of glasses filled up on your desk, or your big bottle. If you do this, believe me, you'll easily get a bunch more water - easily.



six: non-drink-hydration

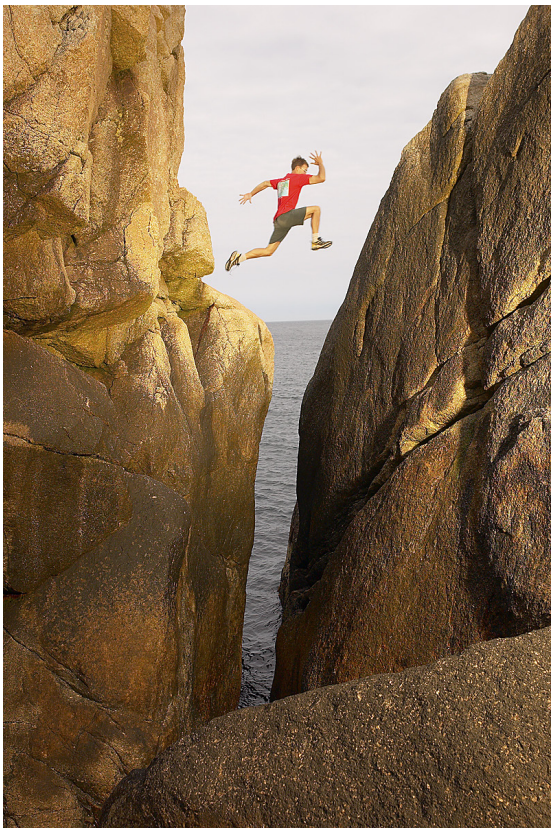
If you've worked through the system from stages 1-5 you'll already be smashing it...but in case you fall down on one or more of the suggestions, by including lots of alkaline, water-rich foods in your diet you'll more than make up the shortfall!



Foods like alkaline juices, soups, smoothies, fresh vegetables and the like will all massively contribute to your water intake.

You'll be feeling amazing in no time...!

seven: know your outcome!



As with anything in life, whether it is a health, physical, financial or emotional goal - you will never get there unless you know where you want to go! Having a specific, trackable goal and being 'aware' of it will move you to it SO much more quickly than simply thinking 'oh yeah, i wanna drink more water'.

Your goal should be to drink at LEAST the minimum amount as shown in the calculator on the next page and you should be drinking this every single day.

To help you plan this out and make it real I have included a blank chart you can print out with your goal water consumption for each day. Simply fill it out and tick it off when you hti your target!

how much to drink

the simple calculation to discover exactly how much you need to drink, at a minimum, each and every day is:

1 litre of water per 40lbs or 18kg or 2.85stone of body weight

So...if you weigh 12 stone the calculation is:

12st / 2.85st = 4.2 litres
76kg / 18kg = 4.2 litres
167.5lbs / 40lbs = 4.2 litres

your hydration goal chart

