

Hydrate, Refresh, and Revitalize

Week 3

Determine your hydration through other means of measurement.

Now that we have worked really hard to stay hydrated, let's see how we did. While keeping up the good work, pay attention to how you are feeling. Our bodies are made up of about 55-65% water and we need to continually replace what is lost throughout the day. Use the following information to rate your level of hydration.

Hydrated


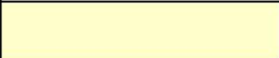
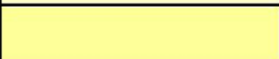





- Maintain weight
- More Energy
- Reduce blood pressure
- Reduces allergies & Asthma
- Healthier, softer skin
- Eliminates bloating, gas, and acid reflux
- Feel Younger

Dehydrated

- Dry Skin
- Lack of energy
- Tired
- Feel Dizzy, confusion
- Rapid breathing
- Rapid Heartbeat
- Irritability
- Sunken eyes

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
<hr style="border: 2px solid red;"/>		
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

** Rate how you are feeling 1-10 each day on week three of your tracking sheet.
1= Hydrated, 10= Dehydrated**