

WATER



WORKBOOK

BY M.E JOURNALS

Welcome!

Welcome to the Water Workbook.

Water is the essence of life, fundamental to every cell, tissue, and organ in our bodies. Yet, amidst the hustle and bustle of our daily routines, it's easy to overlook the crucial role hydration plays in maintaining our overall health and well-being.

This workbook will guide you to understanding the importance of proper hydration and how to achieve it. Whether you're looking to boost your energy levels, improve your skin health, enhance athletic performance, or simply feel better every day, and this workbook will help you with strategies to meet your hydration goals.

Join us on this journey to discover how optimal hydration can enhance your life, one sip at a time. Let's get started!

Gulp Gulp!



M.E Journals wants to help you to Create Healthy Habits by Finding Routines and Systems that work for you!

We all need Water !

Let's create healthy habits one at a Time !

WATER

How will I get my first glass of water into me today?

Is your glass too big, too heavy? Find the Right Cup for you.

Do you need a bottle of water upstairs? and one downstairs?

WATER

Would you like water bottles in different locations?

Bottle for in Work? Bottle for the Car?

What would make your water intake easier?

WATER

Do you need fizz?

Do you need added juice?

Do you need tap or bottled water?

WATER

Are you prepared for tomorrow? Clean your bottles

Will I set reminders to drink water?

Will I check my pee every time I go to the toilet?

WATER

Will I add fruit to my water?

Will I make one of my eight a day a smoothie?

Will I have a cup of water anytime I have a cup of tea or coffee to balance hydration?

WATER

Will it be hot today? Do I need to up my water intake?

Do I recognise when I have a dry mouth ?

Will I bring a bottle of water when I go for a walk?

WATER

Will I use a hydration app?

Will I set Alexa reminders?

Will I bring water to bed?

30 DAY WATER CHALLENGE

START DATE: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



WANNA LEARN MORE?

Would you like to create more healthy habits ?

We'd love to hear from you!

Your journey towards better hydration is unique, and your experiences and insights can inspire and help others.

Connect with us to share your progress, ask questions, or seek personalized advice.

Join our community of water enthusiasts on our social media platforms, or drop us an email.

Together, we can support each other, celebrate successes, and tackle challenges, ensuring everyone enjoys the life they deserve.

Let's stay connected and make this journey a collaborative and uplifting experience!