

Restore Activity Series

Stay Hydrated



**Give Your Body the Water
It Needs & Deserves**

Track Your Intake

Use an app on your phone or the worksheet below to keep track of your daily water intake. Fill in or cross out a drop for every glass or bottle you've had throughout the day. Four to six cups per day is suggested, however, consult a medical professional for your specific needs.

A tracking grid consisting of 6 rows and 7 columns of water drop icons. Each drop is a simple blue outline. The grid is divided into seven vertical sections by thick blue vertical lines, with one drop centered in each section per row.

The Research

Below are some key pieces of research and articles around the benefits of drinking enough water every day.

Benson, Dana. "Thirsty? You're already dehydrated." Baylor College of Medicine, 15 June 2015, www.bcm.edu/news/thirsty-you-are-already-dehydrated.

"How much water should you drink?" Harvard Health Publishing: Harvard Medical School, 25 Mar. 2020, www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink.

Leech, Joe. "7 Science-Based Health Benefits of Drinking Enough Water." Healthline, 30 June 2020, www.healthline.com/nutrition/7-health-benefits-of-water.

Popkin, Barry M et al. "Water, hydration, and health." Nutrition reviews vol. 68,8 (2010): 439-58. doi:10.1111/j.1753-4887.2010.00304.x.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/>.

University of Illinois at Urbana-Champaign. "Drinking more water associated with numerous dietary benefits, study finds." ScienceDaily. ScienceDaily, 1 March 2016. www.sciencedaily.com/releases/2016/03/160301174759.htm.

"Water and Healthier Drinks." Centers for Disease Control and Prevention, 12 Oct. 2020, www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html.

