

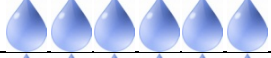
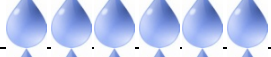
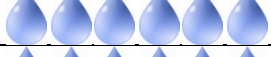
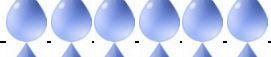


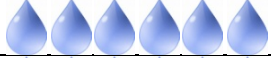

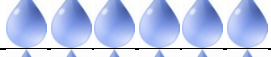
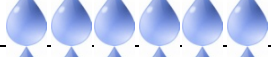
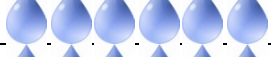

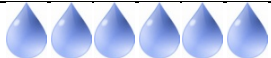

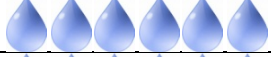
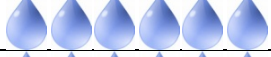
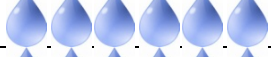
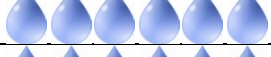



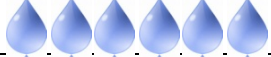
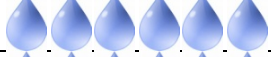
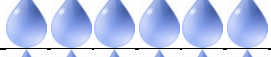
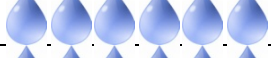



HYDRATION LOG		
WEEK 1	Fluids	How I felt today
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
WEEK 2	Fluids	How I felt today
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
WEEK 3	Fluids	How I felt today
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
WEEK 4	Fluids	How I felt today
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Include water, diluted fruit juice and squash, as well as tea and herbal tea, (coffee is a diuretic and may cause further dehydration so best to limit this) but try to have at least 3 large glasses of plain water every day starting with a glass first thing in the morning as this acts as an internal shower and also hydrates internal organs and joints.