

# Hydration Protocol:

1. Get a water bottle.
2. Try and get the best water you can (filtered).
3. Measure out your water for the day and ensure you know how much water to drink.
4. Sip on the water throughout the day.
5. Buy three 1L water bottles to visualize intake for the day.
6. Ensure that you complete this amount 3 hours before bed. This way it will not affect your sleep.
7. If necessary, set a reminder on your phone for every hour, use technology to your advantage.

Tip: Purchase water bottle for 2 weeks and take a water bottle with you for the day. This way you can visually see the water throughout the day.