



YOUR HEALTH IS YOUR WEALTH®

21-Day Hydration & Energy Practice

Notice your patterns. Explore the connections.

Build a routine that fits.

August 8–28, 2026

Beyond Your Limits Inclusive Fitness & Recreation

Welcome

Welcome to Your Hydration & Energy Practice

Hydration can influence how you feel, move, concentrate, and recover. However, supporting hydration is not as simple as following one rule that works for everyone.

During the next 21 days, you will notice your current hydration patterns, explore possible connections between hydration and energy, and discover practical ways to make hydration easier in your everyday life.

This is not a challenge to drink a prescribed amount of water. You will not be asked to compare your choices with anyone else or follow a routine that does not fit your needs.

You will be encouraged to:

- Notice what is true for you
- Learn what may influence your hydration needs
- Explore one manageable practice at a time
- Describe what you experience without judging it
- Build a personal routine that can adapt with you

You do not need to make every change at once. Begin where you are, pay attention to what you learn, and allow your understanding to grow throughout the practice.

The purpose is not to create a perfect hydration routine. The purpose is to discover what helps you feel supported.

Your Three Guided Weeks

Your 21-day practice is divided into three guided weeks.

Week 1 — Notice Your Hydration Patterns

What is true for me right now?

You will notice what you drink, when you remember to drink, what makes hydration easier, and what may get in the way.

Week 2 — Explore Hydration and Energy

What connections do I notice?

You will explore possible connections among hydration, energy, concentration, movement, and recovery while remembering that many things can influence how you feel.

Week 3 — Build Hydration Support

What would help me stay supported?

You will experiment with cues, access, preparation, and existing routines before creating a personal approach you can continue.

Your Daily Practice

Complete each day in a way that works for you.

Each Day

You will receive a brief email introducing the day's focus and directing you to the matching workbook practice.

Each daily practice includes:

- One short idea to explore
- One manageable action or observation
- A descriptive energy check-in
- Space to record what you noticed

The program day in your email will always match the program day in your workbook. Because the workbook includes opening and reference pages, the physical page number will be different.

Practice in a Way That Works for You

You do not have to complete your practice at the same time every day. Choose a time that works for you.

If you miss a day, continue when you are ready. You do not need to catch up before moving forward.

Changing the practice to fit your needs does not mean you have failed. Adapting is part of learning what supports you.

Important Hydration Guidance

Begin with the guidance that is right for you.

Hydration needs are personal. The amount and types of fluids that are appropriate for you may be influenced by your health, medications, activity, environment, and guidance from your healthcare team.

Your Medical Guidance Comes First

If a healthcare professional has given you fluid restrictions or specific hydration instructions, continue to follow them throughout this practice. This program does not replace personal medical advice.

If you are uncertain whether changing your hydration routine is appropriate for you, speak with a qualified healthcare professional before making changes.

During This Practice

You will not be asked to:

- Reach a prescribed daily amount
- Drink water when it conflicts with your medical guidance
- Compare your intake with anyone else
- Assume that every change in energy is related to hydration

You will be encouraged to notice your current patterns, consider what may influence your needs, and explore practices that are appropriate for you.

Use this workbook to gather information—not to judge yourself or prescribe what your body needs.

Hydration and Energy

Explore one possible influence on how you feel.

Hydration supports many functions in your body. It may influence how you feel, think, move, and recover throughout the day.

When your body does not have the fluids it needs, you may notice changes such as:

- Lower energy
- Difficulty concentrating
- Headache
- Dry mouth or increased thirst
- Changes in balance or coordination
- Feeling more tired during movement
- Slower recovery after activity

Energy Has Many Influences

Hydration is only one possible influence on your energy. How you feel may also be affected by:

- Sleep and rest
- Food and nourishment
- Stress
- Physical activity
- Medications
- Health conditions
- Pain or discomfort
- Weather and temperature
- The demands of your day

During this practice, you are not trying to prove that hydration caused a particular feeling. You are noticing possible connections while considering the whole picture.

Hydration may be part of the story, but nothing works in isolation.

Nothing Works in Isolation

Consider the whole picture as you notice what influences you.

Hydration may influence your energy, concentration, movement, and recovery—but it does not work alone.

Sleep, nourishment, stress, activity, health conditions, medications, pain, weather, and daily demands may all contribute to how you feel.

Look Beyond One Explanation

During this practice, you may notice possible connections between hydration and energy. You may also discover that those connections change from one day to another.

Rather than deciding that hydration caused a particular feeling, remain curious about what else may have influenced your experience.

You might ask:

- How did I sleep or rest?
- Have I eaten enough to support myself?
- What movement or activity have I done?
- Have stress, pain, medications, illness, or weather influenced me?
- What else has been different about today?

The purpose is not to find one perfect explanation. It is to better understand what may help you feel supported.

Nothing works in isolation. Notice the connections without expecting one practice to explain everything.

Your Hydration Starting Point

Notice what is true for you before beginning the 21-day practice.

Your starting point is a snapshot of your current experience.

There are no right or wrong answers. Record what you notice without trying to change anything first.

What I Usually Drink

What drinks are commonly part of my day?

When Hydration Feels Easiest

When do I usually remember to drink? What helps make it easier?

When Hydration Feels More Difficult

When am I most likely to forget, delay, or have difficulty getting an appropriate drink?

What I Notice About My Energy

Are there times of day when my energy usually feels higher or lower?

One Thing That Stands Out

As I consider my current hydration patterns, what stands out most?

Your starting point is information—not a judgment. It gives you a place to begin noticing.

Your Daily Check-In

Use a few simple words to describe what you notice each day.

Each daily practice includes a brief check-in. The purpose is not to rate your success or decide whether hydration caused how you feel. It is simply a consistent way to notice your experience.

Before or During Your Practice

Choose the words that best describe your energy:

- Very low
- Lower than usual
- Steady for me
- Higher than usual

After Your Practice or Later in the Day

Notice whether your energy feels:

- Lower
- About the same
- Higher
- Difficult to describe

Consider the Whole Picture

Hydration is only one possible influence. When helpful, consider your sleep, nourishment, stress, movement, health, medications, weather, or the demands of your day.

You may also record what you drank, when you drank it, and anything that made hydration easier or more difficult.

Your check-in captures one moment in one day. Notice it as information—not proof of success or failure.

Week 1: Notice Your Hydration Patterns

Begin by noticing what is already part of your day.

During the first week, you will pay attention to your current hydration patterns without trying to change everything at once.

You will explore:

- What and when you usually drink
- Where appropriate drinks are available to you
- What helps you remember
- What makes hydration more difficult
- How routines, movement, and surroundings may influence your choices

This Week's Question

What is true for me right now?

Your daily practices will help you gather information about your usual experience. Some patterns may be familiar. Others may become clearer as you begin paying closer attention.

As You Begin

You do not need to count every drink or reach a particular amount. Follow your personal medical guidance and record only what is useful to you.

At the end of the week, you will reflect on what you noticed and choose what you want to carry into Week 2.

Notice first. Understanding your current patterns gives you a meaningful place to begin.

Day 1: Notice What Is Already Happening

Begin with curiosity—not correction.

Today, simply notice when and what you drink. You are not trying to change your routine, count every ounce, or decide whether you are doing enough.

Today's Practice

At a few points during your day, pause and notice:

- What did I drink?
- When did I choose or remember to drink?
- What was happening at the time?
- Was the drink easy for me to access?

Record only what feels useful. A few brief observations are enough.

My Daily Check-In

My energy before or during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What stands out about when, what, or why I drank today?

What else may have influenced my energy or experience?

Today is one snapshot. Notice what happened without deciding what it means yet.

Day 2: Notice When You Remember

Pay attention to the moments that already prompt you to drink.

Some moments in your day may naturally remind you to drink—such as waking up, eating a meal, taking medication, exercising, or sitting down to rest.

Today's Practice

Notice when you remember to drink today.

Ask yourself:

- What was I doing?
- Was the drink already nearby?
- Did a person, place, activity, or routine remind me?
- Does this happen regularly or was today different?

You are not trying to create a new reminder yet. Today, simply notice what already helps.

My Daily Check-In

My energy before or during today's practice felt:	Later, my energy felt:
☐ Very low	☐ Lower
☐ Lower than usual	☐ About the same
☐ Steady for me	☐ Higher
☐ Higher than usual	☐ Difficult to describe

What I Noticed Today

What may have reminded me?

What else may have influenced my energy or experience?

The reminders already built into your day may show you where hydration fits most naturally.

Day 3: Notice What Is Within Reach

Explore how access may influence when and what you drink.

When an appropriate drink is visible, prepared, and easy to reach, hydration may feel easier. When it is unavailable or inconvenient, you may be more likely to delay or forget.

Today's Practice

Notice where drinks are available to you throughout the day.

Ask yourself:

- Where do I spend most of my time?
- Is an appropriate drink usually within reach?
- Do I need to stop what I am doing to get it?
- Does the container or location make drinking easier or more difficult?

You do not need to reorganize anything today. Simply notice how access may influence your choices.

My Daily Check-In

My energy before or during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

Where were appropriate drinks easiest or most difficult for me to access?

What else may have influenced my energy or experience?

What is within reach can influence what becomes part of your day.

Day 4: Notice What Makes Hydration More Difficult

Recognize the barriers that may get in the way.

Even when you intend to drink, parts of your day may make hydration more difficult. You may be busy, away from home, unable to access an appropriate drink, or concerned about needing a restroom.

Today's Practice

Notice one or two moments when you delayed, forgot, or chose not to drink.

Ask yourself:

- What was happening at the time?
- Was an appropriate drink available?
- Was I busy, distracted, or away from my usual routine?
- Was there another reason drinking felt difficult?

You do not need to solve the barrier today. Simply notice what got in the way.

My Daily Check-In

My energy before or during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What made hydration more difficult for me today?

What else may have influenced my energy or experience?

Recognizing what gets in the way can help you understand what support you may need.

Day 5: Notice Hydration Around Movement

Pay attention to what happens before, during, and after you move.

Movement may affect when you feel thirsty or remember to drink. Your activity, surroundings, and personal needs may influence what you notice.

Today's Practice

Notice your hydration around one period of movement today—such as an exercise class, walk, or household task.

Ask yourself:

- Did I drink before I began moving?
- Was an appropriate drink available?
- Did I notice thirst, dry mouth, fatigue, or another change?
- Did I remember to drink afterward?

Follow your personal hydration guidance. You are observing your current pattern.

My Daily Check-In

My energy before or during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What did I notice about hydration before, during, or after movement?

What else may have influenced my energy or experience?

Noticing what happens around movement can help you recognize when hydration support may be useful.

Day 6: Notice Your Surroundings

Explore how weather, temperature, and location may influence you.

Your surroundings may affect your hydration patterns. Heat, humidity, indoor temperatures, travel, and time away from home may change what is available or when you remember to drink.

Today's Practice

Notice how your surroundings influence you today.

Ask yourself:

- Where did I spend most of my day?
- Did the temperature affect how I felt?
- Was an appropriate drink easy to access?
- Did being away from my usual surroundings change my routine?

You are gathering information—not trying to control every part of your environment.

My Daily Check-In

My energy before or during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

How did my surroundings influence my hydration patterns?

What else may have influenced my energy or experience?

Your surroundings may change. Noticing their influence can help you prepare for what you need.

Day 7: Reflect on What You Noticed

Look across the week and identify what stands out most.

During Week 1, you noticed what you drink, when you remember, what is within reach, what gets in the way, and how movement and surroundings may influence you.

Today's Practice

Review your Starting Point and Days 1–6. You do not need to study every response. Look for observations that feel useful or appear more than once.

Ask yourself:

- What made hydration easier?
- What made it more difficult?
- When did I remember most naturally?
- Did anything surprise me?

My Daily Check-In

My energy before or during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What Stands Out Most

One pattern I noticed this week was:

One observation I want to carry into Week 2 is:

You do not need to understand everything yet. Recognizing one meaningful pattern is enough.

Week 2: Explore Hydration and Energy

Look for possible connections without expecting one explanation.

During Week 1, you gathered information about your usual hydration patterns. This week, you will explore how hydration may connect with your energy and everyday experience.

You will explore:

- Energy at different times of day
- Concentration and mental clarity
- Movement and physical effort
- Rest and recovery
- Possible signs that you may need hydration support
- Other influences that may contribute to how you feel

This Week's Question

What connections do I notice?

Your daily practices will help you compare moments and describe what you experience. You may notice a possible connection between hydration and energy—or you may find that the connection is unclear or changes from day to day.

As You Begin

Continue following your personal hydration guidance. You are not trying to prove that hydration caused a particular feeling or to rule out other influences.

Remain curious about the whole picture as you explore what may help you feel supported.

Notice the connections. Hydration may be part of the story, but nothing works in isolation.

Day 8: Compare Your Energy

Notice what may influence each moment.

Energy naturally changes throughout the day. Hydration may be one influence, along with sleep, nourishment, stress, movement, health, and the demands of your day.

Today's Practice

Choose two different times today to pause and notice your energy.

Ask yourself:

- How would I describe my energy right now?
- What have I had to drink recently?
- What else may be influencing how I feel?
- What is different between these two moments?

My Daily Check-In

First check-in, my energy felt:	Later, my energy felt:
☐ Very low	☐ Very low
☐ Lower than usual	☐ Lower than usual
☐ Steady for me	☐ Steady for me
☐ Higher than usual	☐ Higher than usual

What I Noticed Today

What was different between my two check-ins?

What may have influenced my energy at each time?

Comparing two moments may help you notice connections without assuming one cause.

Day 9: Notice Your Mental Energy

Explore what may influence your focus and clarity.

Concentration and mental clarity may change throughout the day. Hydration can be one influence, along with sleep, nourishment, stress, medications, health, and daily demands.

Today's Practice

Choose one moment when you are using your attention—such as reading, planning, working, following instructions, or having a conversation.

Ask yourself:

- How focused or clear do I feel?
- What have I had to drink recently?
- Is concentrating easier or more difficult than usual?
- What else may be influencing me?

My Daily Check-In

My mental energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my mental energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What did I notice about my focus or mental clarity?

What may have influenced my experience?

Mental energy can have many influences. Notice what you experience without assuming one cause.

Day 10: Notice Energy During Movement

Explore what may influence how movement feels today.

Movement may feel different from one day to another. Hydration may be one influence, along with rest, nourishment, health, pain, medications, activity level, and the type of movement you choose.

Today's Practice

Notice your energy during one period of movement—such as an exercise class, walk, household task, or another physical activity.

Ask yourself:

- How does my energy feel while I move?
- Does the movement feel easier or more difficult than usual?
- What have I had to drink recently?
- What else may be influencing me?

My Daily Check-In

My energy during today's movement felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What did I notice about my energy during movement?

What may have influenced my experience?

How movement feels can have many influences. Notice your experience without expecting one explanation.

Day 11: Notice Rest and Recovery

Notice what may influence your recovery.

Recovery can feel different from one day to another. Hydration may be one influence, along with rest, nourishment, health, medications, the activity you completed, and the demands of your day.

Today's Practice

Pause after one period of movement or activity and notice how you feel.

Ask yourself:

- How does my energy feel now?
- Do I feel ready to continue or ready to rest?
- What have I had to drink recently?
- What else may be influencing my recovery?

My Daily Check-In

My energy during today's movement felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What did I notice about my energy or recovery after activity?

What may have influenced my experience?

Recovery has many influences. Notice what may help you feel supported.

Day 12: Notice Possible Signs

Notice the signs your body may provide.

Your body may give you signs that hydration support could be helpful. Thirst, dry mouth, headache, lower energy, or changes in concentration are possible signs—but they can also have other causes.

Today's Practice

Pause once or twice today and notice how you feel.

Ask yourself:

- Am I thirsty or is my mouth dry?
- How do my energy and concentration feel?
- Have I noticed a headache or another change?
- What else may be influencing me?

Follow your personal hydration and medical guidance. If a symptom is new, severe, or concerning, seek appropriate medical support.

My Daily Check-In

My energy during today's movement felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What signs or changes did I notice?

What may have influenced my experience?

Your body can provide useful information. Notice its signals without assuming one explanation.

Day 13: Notice What Supports You

Explore what may help during a lower-energy moment.

Energy may change throughout your day. When it feels lower, different kinds of support may be helpful—including hydration, nourishment, rest, movement, or a change in pace.

Today's Practice

Choose one lower-energy moment and respond in a way that is appropriate for you.

Ask yourself:

- What am I noticing right now?
- Would a drink be appropriate for me?
- Might food, rest, movement, or another support help?
- How do I feel later?

Follow your personal hydration and medical guidance. You are noticing what may support you—not testing whether one choice changes your energy.

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What support did I choose, and what did I notice afterward?

What else may have influenced my experience?

Support may look different from one day to another. Notice what seems helpful without expecting one answer.

Day 14: Reflect on Hydration and Energy

Look across the week and notice the connections that stand out.

During Week 2, you explored energy at different times, mental energy, movement, recovery, possible signs, and what helped you feel supported.

Today's Practice

Review Days 8–13. Look for possible connections that felt useful, surprising, or appeared more than once.

Ask yourself:

- When did my energy feel most supported?
- What possible connections did I notice?
- What other influences were part of the picture?
- What remains unclear or changed from day to day?

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What Stands Out Most

One possible connection I noticed was:

One observation I want to carry into Week 3 is:

You do not need one clear explanation. Carry forward what helps you make an informed choice.

Week 3: Build Hydration Support

Choose one practical way to support your hydration.

During the first two weeks, you noticed your hydration patterns and explored possible connections with your energy. This week, you will use what you learned to choose and practice one form of hydration support.

You will explore:

- What feels realistic for you
- Where hydration fits naturally into your day
- Reminders, routines, and access
- Adjustments for movement and changing surroundings
- What helps your practice remain flexible

This Week's Question

What hydration support fits my life?

Your support might involve keeping an appropriate drink nearby, connecting hydration with an existing routine, preparing before movement, or choosing another approach that meets your needs.

As You Begin

Choose one small practice rather than trying to change everything. Follow your personal hydration and medical guidance, and adjust your practice when your needs or circumstances change.

At the end of the week, you will reflect on what helped, what was difficult, and what you want to continue.

Build from what you noticed. The most useful support is one that can work in your real life.

Day 15: Choose Your Hydration Support

Begin with one small practice that fits your life.

You have gathered information about your hydration patterns and possible connections with your energy. Today, use what you noticed to choose one practical form of support.

Today's Practice

Choose one hydration practice to try today.

Consider:

- Keeping an appropriate drink within reach
- Connecting hydration with an existing routine
- Preparing a drink before movement or leaving home
- Using a reminder that works for you
- Choosing another support based on what you noticed

Keep your practice simple and follow your personal hydration and medical guidance.

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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My Hydration Support

The practice I chose was:

What did I notice when I tried it?

Choose a place to begin—not a rule you must follow perfectly.

Day 16: Make It Easier to Remember

Connect hydration to a familiar routine.

A new practice may be easier to remember when it is connected to a familiar routine, place, or part of your day.

Today's Practice

Try your hydration practice again today. Connect it with something that already happens regularly.

Consider:

- A meal or snack
- Taking medication
- Beginning or ending a class
- Sitting down to rest
- Leaving or returning home
- Another routine that fits your day

Follow your personal hydration and medical guidance. The purpose is to make your chosen support easier to remember.

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What did I connect my hydration practice with?

Did the connection make it easier to remember? What did I notice?

A familiar part of your day can provide a natural place for hydration support.

Day 17: Make It Easy to Access

Place your hydration support where you can use it.

A hydration practice may be easier to follow when an appropriate drink is prepared, visible, and within reach.

Today's Practice

Try your hydration practice again today. Notice whether changing its location or preparing ahead makes it easier to use.

Consider:

- Where you spend most of your time
- Where a drink would be easy to see and reach
- Whether your container works well for you
- What you could prepare before leaving home
- Any access or safety needs that matter to you

Follow your personal hydration and medical guidance. Choose an arrangement that is practical and appropriate for you.

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

Where did I place or prepare my hydration support?

Did easier access help me use it? What did I notice?

When support is easy to access, it may fit more naturally into your day.

Day 18: Prepare for Movement

Plan hydration support around the way you move.

Movement may change when hydration support is useful. Preparing ahead can make your chosen practice easier to use before, during, or after activity.

Today's Practice

Try your hydration practice around one period of movement today.

Consider:

- What type of movement you plan to do
- Whether an appropriate drink will be available
- What you may need before you begin
- Where you can keep your drink while moving
- What support may be useful afterward

Follow your personal hydration and medical guidance. Adjust your preparation to the activity, surroundings, and your needs.

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

How did I prepare my hydration support around movement?

What worked well, and what might I adjust?

Preparing ahead can make hydration support easier to use when you move.

Day 19: Prepare for Changing Conditions

Adjust your hydration support when your day changes.

Weather, temperature, travel, appointments, and time away from home may affect what hydration support is practical.

Today's Practice

Think about today's conditions and make one useful adjustment to your hydration practice.

Consider:

- Where you will spend your time
- The weather or indoor temperature
- Whether you will be away from home
- How you can carry or access an appropriate drink
- Any personal needs that may affect your plan

Follow your personal hydration and medical guidance. Choose an adjustment that fits today rather than expecting every day to be the same

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What condition changed, and how did I adjust my hydration support?

What worked well, and what might I change next time?

Flexible support can change with your day while continuing to meet your needs.

Day 20: Adjust When Needed

Change your hydration practice when it does not fit your day.

A useful hydration practice may not fit every day. Changes in your schedule, energy, health, or surroundings may call for a different approach.

Today's Practice

Try your hydration practice today. If it does not fit, make one adjustment.

Consider:

- What feels difficult today
- Whether the timing or location should change
- Whether a different reminder or simpler support would help
- What feels appropriate for you today

Follow your personal hydration and medical guidance. Adjusting is part of finding support that works in real life.

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What I Noticed Today

What did I adjust, and why?

Did the adjustment make my practice easier to use? What did I notice?

Changing the plan does not mean giving up. It means responding to what you need.

Day 21: Reflect on Your Hydration Support

Notice what helped your practice fit your life.

During Week 3, you chose one hydration practice and explored ways to make it easier to remember, access, prepare, and adjust.

Today's Practice

Review Days 15–20. Look for what helped your hydration support work in your real life.

Ask yourself:

- What made my practice easier to use?
- What was difficult?
- What adjustments were helpful?
- What would I like to continue?

My Daily Check-In

My energy during today's practice felt: ☐ Very low ☐ Lower than usual ☐ Steady for me ☐ Higher than usual	Later, my energy felt: ☐ Lower ☐ About the same ☐ Higher ☐ Difficult to describe
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What Stands Out Most

The most helpful part of my hydration practice was:

What would I like to continue or adjust?

The support that fits your life can change. Carry forward what works for you today.

Looking Back on Your Practice

Recognize what you learned during the past 21 days.

Over the past three weeks, you noticed your usual hydration patterns, explored possible connections with energy, and practiced hydration support that could fit your life.

You were not expected to follow a perfect routine or find one answer. This reflection helps you recognize what you understand now.

What I Learned

What did I learn about my usual hydration patterns?

What possible connections did I notice between hydration and how I felt?

What helped hydration support fit more naturally into my day?

What feels different about the way I understand my hydration needs now?

Your observations are information. They can help you make choices that reflect your needs, your guidance, and your real life.

Choosing What to Carry Forward

Decide what hydration support feels useful now.

Your hydration needs, routines, and circumstances may continue to change. You do not need to carry forward everything you tried during the past 21 days.

Use what you learned to choose the support that fits your life today.

What I Want to Carry Forward

One hydration practice I would like to continue is:

This practice may support me by:

What may help me continue this practice?

When this practice does not fit, I can adjust by:

Carry forward what supports you.

Changing the plan does not mean giving up—it means responding to what you need.

Recognizing Your Progress

Notice what changed through learning, observing, and practicing.

Progress during this 21-day practice may include more than drinking more or following a routine. You may understand your patterns more clearly, recognize what influences you, remember hydration more naturally, or feel more confident adjusting your support.

Progress I Recognize

Something I notice now that I may not have noticed before:

One choice that became easier or more natural:

One way I responded to my needs instead of expecting perfection:

What am I proud of from these 21 days?

Progress is not only what you changed. It is also what you noticed, learned, practiced, and now understand.

Your Hydration Practice Continues

Use what you learned as your needs and circumstances change.

This 21-day practice may be complete, but your learning does not end here. You now have information that can help you recognize your needs, make informed choices, and adjust your hydration support over time.

As You Move Forward

- Continue the hydration support that feels useful
- Notice when your needs or circumstances change
- Adjust your practice without judging yourself
- Follow your personal hydration and medical guidance
- Return to these pages whenever you want to observe your patterns again

You do not need to maintain a perfect routine. Some days your hydration practice may feel natural. Other days, you may need to simplify it, change it, or begin again.

A Reminder to Carry With You

What you noticed matters.

What you learned belongs to you.

**What you practice can continue to change with your life.
Wellness has no finish line. Keep learning, adjusting, and
building from today.**