

The Hydrate Like An Athlete Program

Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.

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Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Hydrate Like An Athlete Program

Water is the most important nutrient in your diet. Nothing else comes close. It’s therefore a truly vital resource for the human body. This 2-week habit coaching program encourages you to drink fresh water with every meal.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to drink fresh water with every meal.

Water is the most important nutrient in your diet. Nothing else comes close. Got your attention?

It’s therefore a truly vital resource for the human body. We know it is indispensable for life itself, and provides essential functions for good health. In fact, it is the most widely used nutrient involved in the process and make up of the body.

It’s time to get hydrated!

Daily water intake is extremely important in helping to replenish water lost through bodily processes including urination, sweating and breathing. When the water is not replaced, we become dehydrated. It’s clear that even a small amount of dehydration can hold us back from being our best.

How Can I Personalize This Habit?

Choose how much water you would like to start consuming with each meal and thus daily. If you’re not used to drinking fresh mineral water, then start with a small amount each meal, like 100ml.

If you’re used to drinking fresh water, then focus on increasing your consistency or slightly increase you normal intake.

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How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week.

Have one day off per week from completing the habit.

What Can I Piggyback Off Of?

Look for an event you can use as a reminder to do the habit: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

Here's a template:

I am 90-100% confident that I will **[insert habit]** for 6 days a week after I **[insert what you're going to piggyback off of]**.

Here's an example:

I am 90-100% confident that I will drink eight glasses of water daily, spaced evenly throughout the day, for 6 days per week after I set reminders on my phone.

Day 1: Start of Habit Review (Monday)

How was Day One?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

- What did I do well today?
- What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?
2. What did I learn today?

Day 2: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

A typical male is made up of around 60% water, a woman around 50% and our brains (regardless of gender) around 75%.

Daily water intake is extremely important in helping to replenish water lost through bodily processes including urination, sweating and breathing.

When the water is not replaced, we become dehydrated. Check out these scary stats:

- 1 % DEHYDRATION - we become thirsty with reduced concentration
- 5% DEHYDRATION - we become hot and tired with decreased performance 10% dehydration - delirium and blurred vision
- 20% DEHYDRATION - may result in death.

Water is Vital for Overall Health!

Dehydration can hinder performance. Water does more than quench thirst:

Nutrient Transport: Blood (83% water) carries oxygen, nutrients, and waste throughout the body. Urine, mostly water, removes waste.

Moistens Eyes, Mouth & Nose: Water protects, moistens the mouth, washes away dirt from eyes, and lubricates joints.

Maintains pH and Electrolyte Balance: Water helps maintain a pH level of 7.4 and electrolyte balance, which is crucial for cell function.

Participates in Chemical Reactions: Water aids digestion, energy release, and various bodily processes.

Plus:

- Regulates body temperature
- Reduces kidney stone risk
- Eases constipation
- Hydrates skin
- Maintains blood volume
- Forms body fluids

Day 3: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

Water is essential as the body's primary solvent, dissolving various substances known as solutes. When a solvent dissolves a solute, it's called solvation. Electrolytes, solutes that dissolve into ions, play vital roles in nerve transmission and muscle contraction.

Sodium, potassium, phosphorus, and chloride are examples of electrolytes. They maintain water balance and acid-base equilibrium in the body, which is crucial for proper cell function.

Electrolytes balance fluids inside and outside cells, facilitating nutrient transport and waste removal. They also support vital functions like nerve communication and muscle contraction.

Staying hydrated is crucial because fluid loss also means losing electrolytes. Maintaining healthy electrolyte levels supports the vital activities of organs. Keep hydrated!

Day 4: Weekend Win (Thursday)

Over the last number of months you've been learning the Slow Change method.

Instead of revamping your entire diet all at once, you've been making small yet consistent changes, and slowly, gradually, your entire diet changes.

It's gradual, so you barely notice the difference, and your mind or body hardly objects.

Today, think about how easy you can make this current habit for the weekend ahead.

How are you going to drink fresh water with every meal this weekend?

Day 5: Daily Lesson To Reinforce Habit And Accountability (Friday)

When it comes to water, the best choice is plain, pure water. Skip energy drinks, coffee, juice, and alcohol – stick to fresh water.

Rest assured, tap water in the US/UK/AU is perfectly safe for drinking, even though it's also used for other purposes like flushing toilets and gardening. However, if you prefer, bottled, filtered, or mineral water can offer a different taste and additional minerals for your hydration needs.

Bottled water is widespread and often chosen for perceived health benefits or better taste. However, it's worth noting that bottled water isn't necessarily held to higher quality standards than tap water. In fact, much-bottled water comes from the same sources as tap water, merely filtered for taste.

If opting for bottled water, consider natural mineral water sourced underground for higher mineral content.

Choose water wisely for optimal hydration!



Day 6:
No Daily Lesson (Saturday)

Day 7: Weekly Group Review (Sunday)



When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- What was it actually like, as opposed to the fantasy you had about it before you started?
- What have you learned?
- What do you appreciate?
- What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning.

Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

Day 8: Adjustment Of Habit (Monday)

If all went well last week, and you didn’t struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you’ve struggled, keep it the same as last week or make it even easier.

For example, if you’ve just been drinking the minimum amount of water with each meal, then try increasing the amount this week.

Or if you’ve struggled with drinking water with certain meals, put extra focus on those areas to improve consistency.

Never make too big an adjustment so that it becomes too difficult.
This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn’t difficult, so your mind doesn’t rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

Day 9: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

Your water needs depend on age, health, activity, environment, and diet. Water is vital for body functions and exits the body through sweat, breath, urine, and feces. Aim for 1.4-2.8 liters daily.

Adults should drink 1-1.5 ml of water per calorie burned. For instance, if you burn 2000 kcal daily, aim for 2-3 liters. Athletes may need more, with optimal hydration levels around 3.8 liters for men and 2.6 liters for women.
Stay hydrated by drinking water throughout the day, especially during exercise and in hot weather. Listen to your body; don't wait for thirst. Check urine color for hydration status – pale yellow is ideal.

Follow these guidelines:

1. Hydrate first thing in the morning.
2. Sip water throughout the day.
3. Drink extra during heat or exercise.
4. Pay attention to your body's signals.

Day 10: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

Today I want you to pause for a moment to remember your intention for this habit, your deeper reason for doing it.

When you set your vow: what was your intention?

Why was this so important to you?

If it’s to help yourself, or to help others, consider those people (or that person) now, and keep it in mind as you do your habit today.

Day 11: Weekend Win (Thursday)

It’s a good idea to take a look at what is going on in your life – do you have a big work project, a lot of stress, travel, illness, family crisis, busy-ness with your family or friends?

Are you overwhelmed or stressed out?

Any one or more of these factors can cause you to have low bandwidth for creating new habits, and messing up on habits in this case does not reflect on your discipline levels.

So let’s set you up to win this weekend and achieve your habit with ease.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

Day 12: Daily Lesson To Reinforce Habit And Accountability (Friday)

We’re almost at the end of the ‘The Hydrate Like An Athlete Program’ habit challenge.

For the next few days, pay attention to your motivation levels – is it as high now as when you first started?

If it is dipping, this is probably because the reality of doing the habit for this long isn’t something you’re used to.

This is a great opportunity to turn from your expectations for this habit, to learning what other things can motivate you. Other motivations you could explore: the joy of doing, the pride of accomplishment, the feeling of satisfaction when sticking to something, tackling difficulties, the love of learning.

These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!



Day 13:
No Daily Lesson
(Saturday)

Day 14: End Of Habit Review (Sunday)



Over the last two weeks you've completed the 'The Hydrate Like An Athlete Program' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- What has the habit been like and how have you done?
- What have you learned?
- What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.