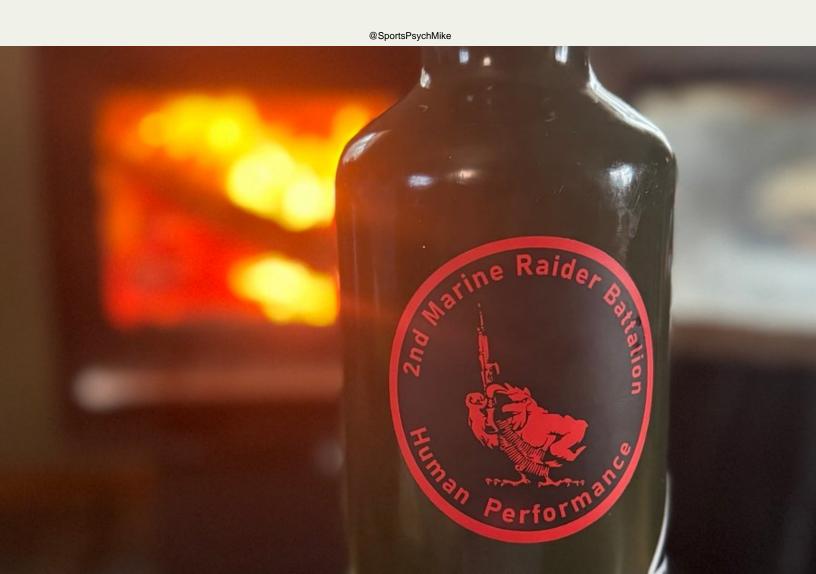
Hydration is one of the simplest yet most overlooked factors for mood stability, cognitive function, and peak performance. Small improvements in hydration habits can lead to big gains in energy, mental clarity, and endurance.

Stay ahead. Stay hydrated. Perform at your best.



Why Sodium in Water?

- Replenishes Electrolytes After sleep, your body is slightly dehydrated, and sodium helps retain and utilize water effectively.
- ◆ Supports Nerve Function Sodium is essential for electrical signaling in the brain, improving focus and alertness.
- Regulates Blood Pressure Proper hydration with electrolytes prevents dizziness and sluggishness.
- Boosts Hydration Efficiency Sodium helps water absorb more effectively, reducing the risk of dehydration.



Hydration, Performance & Mood

Even **2% dehydration** can impair cognitive function, reaction time, and endurance. By starting your day with **hydration** + **sodium**, you set yourself up for better mental clarity, mood regulation, and energy throughout the day.

First thing in the morning, drink your water, then get your Face to the sun!!

How to Stick to a New Hydration Protocol



Making hydration a habit is key to **better mood, energy, and performance**. Here's how to stay consistent:

1. Start Your Day with Water + Electrolytes

Before coffee, drink **16-24 oz** of water with a pinch of **sea salt or electrolytes** to replenish overnight losses.

Add **lemon** for taste and **extra minerals**.





2. Set a Daily Water Goal & Track it!

Baseline: Aim for ½ your body weight in ounces (e.g., 150 lbs = 75 oz).

Use a hydration tracker, journal (like the **SportsPsychMike 40-Day Challenge & Journal**), or an app to stay consistent.



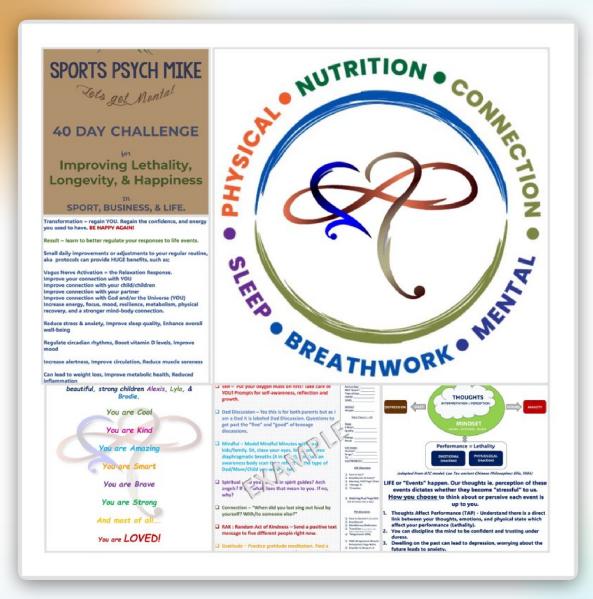
3. Get Yourself a Water Bottle

Get a measured bottle so you track your intake without guessing.

The SportsPsychMike 40-Day Challenge integrates hydration as a key pillar in its daily protocol and challenges.

Each day, you'll learn how to integrate **science-backed activities** designed to optimize:

- ✓ Sleep Optimization Recovery & performance enhancement
- Breathwork Mastery Stress regulation, mental clarity, & sleep enhancement
- Nutrition & Hydration Fueling mood, cognition, and endurance
- Mental Skills Confidence, TAP, emotional regulation, goal setting, imagery, attention & more...
- Physical Strength, mobility, and longevity



4. Make Hydration a Family Affair

The **40-Day Challenge** isn't just about personal growth—it's about **leading by example** and **including everyone** while modeling **effective behaviors**, **discipline**, **and resilience**.

These daily, science-backed habits create lasting change, helping you achieve enhanced health, happiness, deeper family connection, and peak performance.

Are you ready to level up? Join the challenge and commit to 40 days of transformation.

