



Week 4: Accountability Card

This week is about ways to stay healthfully—hydrated. There's no reason to overdo it with the water. Practice the strategies below and check off the box when you have incorporated the suggestion into your daily routine.

Return to intuitive drinking. If you are currently forcing yourself to get down 8 glasses of water a day, Let go of the eight glasses of water myth.	
Read the ingredients of the beverages you consume.	
Make sure to pay close attention to hydrating with water when out in hot weather or exercising.	
Use your urine color to assess the hydration status of your body.	

What are your top 5 beverages of choice?

- 1.
- 2.
- 3.
- 4.
- 5.

Which beverages will you limit or remove from your diet due to the high sweetener or artificial sugar content?

- 1.
- 2.
- 3.