



Welcome, Wellness Warrior!

Whether you're deep in the hot flash trenches or just spotting the first signs of perimenopause's not-so-charming changes, one thing's certain: your body is parched for kindness—and water. Glorious, body-boosting water. You've probably heard the age-old "drink 8 glasses a day" rule. Well, science now says aim for 3 liters a day—that's roughly 12 cups—especially if you're navigating hormonal waves, moving your body, or simply want to feel less like a wilted fern by mid-afternoon.

This challenge is simple: Drink just one more glass of water than you normally do every day, for 30 days straight. No pressure to chug a whole gallon. This is about building small habits that actually stick (and don't make you feel like you live in the bathroom).

Before you begin, jot down your reason:

- More energy?
- Support smoother digestion?
- Keep your skin less Sahara, more supple?
- Help with headaches, hot flashes, or hormonal puffiness?

Whatever your why—write it down. Hydration is self-care in liquid form.

Daily Sips & Smart Tips: 30 Days of Hydration Wisdom

Day 1: Start small. Drink one glass of water first thing in the morning. Your body's been without it all night—kind of like your patience during a mood swing.

Day 2: Cut sugary drinks in half—literally. Go 50/50 with juice and water. Less sugar, more hydration, and your hormones will thank you.

Day 3: Download a reminder app or set a phone alarm. Think of it as your personal "sip whisperer."

Day 4: Flavor doesn't have to mean fructose. Try infusing water with mint, cucumber, citrus, or berries. It's basically spa water... minus the spa bill.



Day 5: Carry a water bottle that sparks joy. Bonus points if it's one of those cheeky milestone bottles with sassy "keep sipping!" lines down the side. Think of it as your emotional support bottle.

Day 6: Noticed your pee looking like apple juice? That's a dehydration flag. Aim for light lemonade. Weird analogy, we know—but it works.

Day 7: Dining out mini-challenge: Sip the water they pour as soon as you sit down—bonus points if your server has to keep swinging by for refills. Stay hydrated and keep them on their toes.

WEEK 1: You're Off and Flowing!

Milestone Badge: 💧 "Sipping, Starting, Strong."

You added water to your day—and maybe already feel a little more pep in your perimenopause step.

Hydration Reflection: What surprised you about drinking more water this week? Did anything feel easier than expected? What time of day was easiest to remember to hydrate?

Day 8: Ditch single-use plastic bottles. Go reusable, go you. Your future self (and the planet) says thanks.

Day 9: Feel snack-ish? Have a sip of water first—your body might just be saying "thirsty" in a snacky voice. Still feel like raiding the pantry? Go for it. But make it a snack that won't make your hormones flip a table.

Day 10: Keep a large bottle, jug or pitcher of water in your line of sight at work or at home. If you see your goal in front of you, you're more likely to achieve it. Out of sight = out of sip.

Day 11: Pre-fill a glass before bed. Drink before going to sleep or first thing when you wake. Midnight hot flash? That glass will be waiting like a hydration hug.

Day 12: By the time you feel thirsty, your body's already sending out an SOS. Dehydration can quietly throw your systems off balance. Try sipping throughout the day rather than playing catch-up.

Day 13: Keep forgetting to drink your water? Pair drinking water with an existing habit: brushing your teeth, feeding the dog, starting your workday. Built-in reminders are gold.

Day 14: Sip n' scroll - mindless but meaningful hydration. Place bottled water where you relax and enjoy your social media feed while you sip. Pro tip: stash a second bottle nearby... this rabbit hole can be deep.



WEEK 2: Hello, Hydration Habit!

Milestone Badge: 🥤 "Refill Royalty."

You made it halfway to halfway—cheers to more energy, fewer snack cravings, and keeping a bottle nearby like it's your new BFF.

Hydration Reflection: Have you noticed changes in your energy, skin, or mood? What habit helped you stay on track this week? (Sticky notes, timers, or your trusty water bottle?)

Day 15: Add bubbles! Sparkling water (no sugar, no caffeine) can satisfy cravings with fizz and flair.

Day 16: Feeling "meh" or foggy? Sometimes you don't need caffeine—you just need a little H₂O. (And maybe a lie-down, but water first.)

Day 17: Not sure about your tap water quality? Don't enjoy how it tastes? A filtered water pitcher might help—and make drinking all that water a little easier to swallow.

Day 18: Hot day? Experiencing an uptick in night sweats? Up your water intake. You are losing fluids and your body's cooling system is working overtime.

Day 19: Drinking wine tonight? For every glass of alcohol, have a glass of water. Your morning self will be thankful for your foresight.

Day 20: Double the Sips, Double the Fun! Partner up and keep each other on track with cheeky reminders and hilarious hydration memes. Because water tastes better when you're laughing together!

Day 21: Try a drinking water with a straw. Weirdly effective. You'll drink more without even realizing it.

WEEK 3: Midlife Momentum Activated

Milestone Badge: ⚡ "Glow Getter in Progress."

Three weeks in, and you're showing real consistency—turning a simple sip into serious self-care.

Hydration Reflection: What menopausal or perimenopausal symptoms feel a bit calmer lately—bloating, fatigue, dryness? Which hydration tricks are worth keeping?



Day 22: Feel puffy or bloated? Ironically, water helps flush out excess sodium, which can cause fluid retention and bloating. Counterintuitive, but true.

Day 23: Proper hydration through water intake contributes to overall skin health, including elasticity, thickness, and reducing the appearance of wrinkles. Support your largest organ with every sip.

Day 24: Hormonal headaches? Dehydration can be a trigger for headaches and migraines, and staying hydrated by drinking enough water can reduce their intensity and frequency. Keep a glass nearby.

Day 25: Night sweats got you drenched? Hydrate like you're prepping your own personal firehose. Menopause turns up the heat, but you can keep one step ahead with steady sips all day long.

Day 26: Try flavored ice cubes. Freeze slices of citrus, berries, or herbs in your ice trays for a bit of flavor and a splash of style. It's a tasty, beautiful way to elevate your hydration with each sip.

Day 27: Feeling sluggish or have low-energy levels? Try a glass of cold water before reaching for caffeine. The cold water can trigger a physical response that increases alertness and reduces feelings of fatigue.

Day 28: Reaching for an afternoon or late night comfort snack? Try replacing one snack moment with flavored water. It's a delicious, gentle redirect, not a punishment.

WEEK 4: Final Stretch. Full Cup.

Milestone Badge: "Hydrated & Hormone-Wise."

You've nearly completed 30 days of intentional hydration. You're not just drinking water—you're recharging your wellness warrior status.

Hydration Reflection: Which part of this challenge will you keep going? Have you found a rhythm that supports your energy, mood, or symptoms? What do you feel proud of?

Day 29: You've nearly made it through 29 days of intentional hydration, and that's no small thing. Today's encouragement: take a moment to notice how your body feels when it's hydrated. Clearer thoughts? Less cranky? Skin doing its thing? That's the power of consistency—served chilled.

Day 30: Look at you—hydrated, empowered, and officially more water-wise than most people you know. Pat yourself on the back (then drink a glass of water).



Congratulations, Hydration Hormonista!

You did it! You spent 30 days being kind to your body—one glass at a time. Your hormones, joints, brain, skin, and even your sleep cycle are quietly high-fiving you. Staying hydrated won't solve everything, but in peri/menopause, it can mean fewer headaches, less bloating, better skin, clearer thinking, and yes—more energy. Keep your favorite tips from this challenge close. They're tools in your feel-better toolbox now. Whether you keep adding one extra glass a day or aim for those glorious 3 liters, every sip counts.

End-of-Challenge Reflection: Then vs. Now

Remember the reason you started this challenge—more energy, less bloating, better skin, fewer cravings? Jot down what changed—or didn't. Either way, showing up for yourself one glass at a time is a win worth celebrating.

Remember your “why” from Day 1? Was it more energy, better skin, fewer hot flashes, or just building a habit that doesn't involve scrolling or snacking? Now's the time to check in. Did you notice any shifts, subtle or significant? Maybe your brain felt clearer, your skin calmer, or your digestion a little less dramatic.

Now that you've completed the challenge, take a moment to compare.

- How did you feel when you started?
- How do you feel now?
- Which small changes made the biggest impact?
- What surprised you?
- Will hydration be part of your daily toolkit going forward?

Jot down what changed—or didn't. Either way, showing up for yourself and completing this 30-day water challenge one glass at a time is a win worth celebrating. That's no small thing in the middle of midlife.

So raise a glass to YOU! 🥂 (With sparkling water, of course.)

You're officially in your Hydration Heyday!