

5.2 Hydration Tracking Activities

1. Hydration Tracking Activity

What you'll need:

- A water bottle (any size works - just know how many cups it holds)
- Paper and pencil or the tracking sheet below
- A clock or timer

Step-by-step instructions:

1. Write down how many cups of water your bottle holds
2. Each time you finish your bottle, mark it on your tracking sheet
3. At the end of the day, add up your total cups
4. Compare your total to the recommended 7-9 cups

Success check: If you reached 7-9 cups, great job! If not, try to add one more refill tomorrow.

Troubleshooting: Forgetting to track? Put your tracking sheet next to where you usually eat or do homework. Or set an alarm on a clock or phone to remind you to drink and track every 2 hours.

Sample tracking sheet:

My Water Bottle = ____ cups

Day	Cup 1	Cup 2	Cup 3	Cup 4	Cup 5	Cup 6	Cup 7	Cup 8	Cup 9	Total
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										

2. Urine Color Chart Activity

What you'll need:

- Yellow colored pencils, markers, or crayons (light, medium, and dark yellow)

- Small piece of paper

Step-by-step instructions:

1. Draw three circles on your paper
2. Color the first circle pale yellow (like lemonade)
3. Color the second circle medium yellow (like apple juice)
4. Color the third circle dark yellow/amber (like orange juice)
5. Label them: "Well hydrated," "Drink water soon," and "Drink water now!"
6. Tape this chart inside your bathroom cabinet
7. For one week, compare your urine color to the chart

Success check: By the end of the week, you should see mostly pale yellow results if you're drinking enough water.

Troubleshooting: If your chart gets wet or damaged, just make a new one. Remember that some vitamins or foods can change urine color, so don't worry if it looks unusual after taking vitamins.

Note: This is for your personal health tracking only - you don't need to share these results with anyone.

3. Water Bottle Challenge

What you'll need:

- A small reward you choose for yourself (like 15 minutes of extra reading or game time)

Step-by-step instructions:

1. Decide how many bottles you need to drink each day (usually 2-3 depending on your bottle size)
2. Write this goal at the top of your chart
3. Each day, color in or check off each bottle as you finish it
4. At the end of the week, count how many days you met your goal
5. If you met your goal at least 5 days, give yourself the reward you chose

Success check: You should notice changes like fewer headaches, more energy, and lighter colored urine when you meet your water goals.

Troubleshooting: If you keep forgetting your water bottle, try putting it by the door you use to leave your room or house. If you don't like plain water, try adding fruit slices or a splash of juice.

Sample chart:

My daily goal: ____ bottles (equals ____ cups)

Day	Bottle 1	Bottle 2	Bottle 3	Bottle 4	Goal met?
Monday					Yes/No
Tuesday					Yes/No
Wednesday					Yes/No
Thursday					Yes/No
Friday					Yes/No
Saturday					Yes/No
Sunday					Yes/No

Days I met my goal: ____/7

Changes I noticed: _____