



## **THE TOTAL FITNESS & SELF LOVE PROGRAM**

### **Week 1: Water Workbook**

#### **Hydration is a Milestone for Health**

##### **Part One: Tracking**

##### **Calendar:**

Write on your breathing calendar how much water you drink each day in cups/litres or the number of glasses. Attempt to get your allotted amount each day or between 1-2L minimum.

##### **Water Intake app:**

Download an app to help you keep track of your water. Try [Plant Nanny](#) to have fun watering a plant, while keeping yourself accountable and on track with your water intake.

##### **Part Two: Water can be boring – Try Flavouring your Water**

Flavour your ideas to flavour up your water:

Cold: add lemon &/ lime; cucumber, & mint leaves; berries like strawberries, blackberries, blueberries and raspberries,

Warm: lemon & honey; lemon, ginger, cinnamon, turmeric, cayenne, & maple syrup – for a metabolism booster/detoxifier.

Carbonated water: add your own flavouring – (same as above - cold water ideas), sometimes I will add a splash of orange juice for a mini mimosa (minus the champagne). You can even add kombucha to carbonated water, since kombucha is fizzy (due to the fermentation).

**Herbal tea** – have as much as possible (within the daily amount of water intake). Be aware of the ingredient “natural flavours.” This is a blend of chemicals to create an “artificial” type flavour and sometimes these create gut inflammation/bloating/gas, etc.