

# Hydration Challenge

#SelfCare



## Getting started Week 1

- Record how many glasses of water you drink during the time spent at work
- You can use the record sheet for Week 1
- At the end of each day, note how you have been feeling during the day
- At the end of the week, calculate your average daily water consumption for the first week. You should be aiming to drink 4-6 glasses per day for the time you spend at work

## Weeks 2-4

- In subsequent weeks, aim to increase your intake of water gradually, working towards the target of 4-6 glasses per day for the time you spend at work
- Continue to record how many glasses of water you drink at work each day. You can use the record sheets for Weeks 2-4
- At the end of each day, record how you have been feeling. Have there been any changes in your concentration level, feelings of fatigue, or irritability, or example?
- Think about the reasons why you didn't drink more water. Discuss with your work colleagues ways around these problems



# Hydration Challenge



# Hydration Station

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Week 1	Number of glasses of water drunk	How I've been feeling today, e.g. energy levels, concentration levels or mood
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly average</b>		

Week 2	Number of glasses of water drunk	How I've been feeling today, e.g. energy levels, concentration levels or mood
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly average</b>		

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Week 3	Number of glasses of water drunk	How I've been feeling today, e.g. energy levels, concentration levels or mood
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly average</b>		

Week 4	Number of glasses of water drunk	How I've been feeling today, e.g. energy levels, concentration levels or mood
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly average</b>		

**Sources for advice on hydration:**

[www.bhf.org.uk/search/all?keyword=hydration](http://www.bhf.org.uk/search/all?keyword=hydration)

[www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx)

For more information about Better Health at Work please email [nuth.health.champions@nhs.net](mailto:nuth.health.champions@nhs.net)

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