

The Hydration Hacks Guide

Sip smarter, feel better, faster

Water is your secret weapon ■

On a GLP-1, your thirst cues can quietly disappear along with your appetite — but your body still needs water more than ever. Proper hydration fights fatigue, headaches, nausea, constipation, brain fog, and even hunger confusion. Small sips, all day, are the answer. Here's exactly how to hit your goal without forcing it.

■ YOUR DAILY HYDRATION NUMBER

Body weight ÷ 2 = ounces per day

Example: 180 lbs → 90 oz daily (about 11 cups)

■ WHY HYDRATION CHANGES EVERYTHING



Brain fog gone

Even 2% dehydration slows thinking + energy



Constipation relief

Water + fiber = the GLP-1 dream team



Less nausea

Slow sips calm an unsettled stomach



Fewer 'false' cravings

Thirst often masquerades as hunger

■ COACH'S TIP

If you feel hungry between meals, drink a glass of water FIRST and wait 10 min. Cravings often vanish.

The 10 Hydration Hacks

Small tweaks that make water feel effortless

10 HACKS THAT ACTUALLY WORK

1 Big bottle beats small

Use a 32oz+ bottle. Refill twice = done.

2 Drink 16oz on wake-up

Before coffee. Rehydrate from overnight fasting.

3 Add electrolytes daily

LMNT, Liquid IV zero, Nuun, Propel zero.

4 Infuse it

Lemon, cucumber, berries, mint = instantly drinkable.

5 Sip, don't gulp

Small sips absorb better + prevent nausea.

6 Use a straw

You'll drink 2x faster without noticing.

7 Habit-stack your sips

Every time you check phone → sip. Every zoom → sip.

8 Herbal tea counts

Any caffeine-free tea adds to your daily count.

9 Eat your water

Cucumber, watermelon, celery, oranges = 90%+ water.

10 Set 3 phone alarms

9am · 12pm · 4pm — sip check-ins.

YOUR DAILY SIP SCHEDULE

WAKE-UP 16 oz plain water

MID-MORNING 16 oz + electrolytes

PRE-LUNCH 8 oz (20 min BEFORE eating)

AFTERNOON 16 oz herbal tea or infused

PRE-DINNER 8 oz (20 min BEFORE eating)

EVENING 8 oz + herbal tea

Electrolytes & Warning Signs

The deeper hydration you might be missing

■ WHY ELECTROLYTES MATTER

Plain water alone can flush minerals OUT — especially on a GLP-1 when eating less.

Low electrolytes = headaches, muscle cramps, dizziness, and stubborn fatigue.

The fix is simple: add electrolytes to at least ONE glass of water per day.



LMNT (packet)

Zero sugar, 1000mg sodium. Best for hot days or workouts.



Liquid IV Zero

Balanced electrolytes, zero sugar options available.



Nuun tablets

Fizzy, portable, low-sugar. Great for beginners.



DIY option

16oz water + pinch of sea salt + squeeze of lemon.



Coconut water

Natural potassium boost. Watch sugar content.

■ DEHYDRATION WARNING SIGNS

- Dark yellow urine (aim for pale straw color)
- Dry mouth, cracked lips, or bad breath
- Dizziness when standing up
- Headache — especially in the afternoon
- Muscle cramps or twitching
- Fatigue that doesn't match your day

• Constipation despite eating fiber

■ DAILY HYDRATION TRACKER

Check off each 8-oz glass as you go — aim for 8–12 daily:

1	2	3	4	5	6	7	8	9	10	11	12
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■ A GENTLE REMINDER

You don't have to hit 100% every day. Yesterday's water still counts.

Start with one extra glass a day and build from there. Your body is listening. ■