



Hydration Action Items

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- ☐ Drink 16 to 32 ounces of water right after waking up (hyper-hydration), before eating.
- ☐ Drink 8 to 16 ounces of water, 10 to 15 minutes before every meal or snack.
- ☐ Purchase a [32 ounce \(or larger\) water bottle](#) and keep it near you at all times. Whenever you look at your water bottle, take a drink.
- ☐ Purchase a [BIG Berkey Water Filtration Kit](#).
- ☐ Purchase a [Camelback Backpack](#) (more to come on this).



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