

Hydration Checklist

A practical checklist of habits, warning signs and situations that help you stay properly hydrated through the day.

Daily Hydration Habits

- Drink a glass of water shortly after waking up
- Keep a refillable water bottle within reach all day
- Have a drink with every meal and snack
- Sip steadily rather than gulping large amounts at once
Spreading intake through the day helps your body absorb fluids better.
- Set a phone or watch reminder if you tend to forget
- Eat water-rich foods like fruit, salad and soup

Know the Signs of Dehydration

- Check that your urine is pale yellow, not dark
- Notice thirst and a dry mouth as early cues
- Watch for headache, tiredness or trouble concentrating
- Be alert to dizziness or feeling lightheaded when standing
- For children and older adults, watch for fewer bathroom trips or confusion
These groups can dehydrate quickly and may not feel thirsty.

Drink More in Heat & Humidity

- Increase fluids on hot or humid days, even without thirst
- Carry extra water when spending time outdoors
- Take shade and water breaks during peak heat
- Watch for heavy sweating, cramps or feeling faint
These can signal heat-related illness that needs cooling and fluids.
- Choose cool drinks and avoid excess alcohol in the heat

Hydrate Around Exercise

- Drink water before you start a workout
- Sip fluids during longer or more intense sessions
- Rehydrate after exercising to replace what you lost
- For long or sweaty sessions, consider an electrolyte drink
Plain water is enough for most everyday activity under an hour.
- Weigh up the conditions: heat and humidity raise your needs

Make It Easier

- Add lemon, cucumber or berries to flavor water naturally
- Keep a glass or bottle on your desk as a visual cue
- Pair drinking with routines like meals or breaks
- Choose a marked bottle to track how much you have had
- Track your hydration habits with this printable checklist
- Important: this is general information, not medical advice
If you have a condition affecting fluid intake or suspect serious dehydration, consult a doctor.