

the better nutrition water evaluation

Your body is made up of approximately 60% water. Your body uses and loses water through most of its work - detoxification, lubrication, temperature regulation, nutrient absorption - so you need to regularly replenish your stores. You can literally see a lot of your water losses through sweating and elimination daily. We've all heard the advice to drink 8 glasses of water a day but is 8 glasses is right for you? And how big should your glass be? Let's assess your better water nutrition!

Know Your Number

There is no perfect number when it comes to health, nutrition, and likewise, your daily water intake, but we can find your better water range and it starts here.

Your starting number - Half your bodyweight (lbs.) in ounces. So if you weigh 150lbs, that comes to 75oz/day.

Determine your better water starting number now:

$$\text{Weight (lbs)} \text{ ______ } / 2 = \text{ ______ } \text{ oz/day}$$

Now that you have your better water starting number let's if there are factors in your life that mean you need more water, need to get it from different places or need to change up how much or how often you are having water. That's how you will use this to get your Better Water Range.

Section A:

Where are you getting your water from?

YES | NO

Do you drink tap water, bottled water, filtered water?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink mineral water or seltzer?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat water-based fruits and veggies (a few better choices are watermelon, grapefruit, strawberries, cucumber, lettuce and celery)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink coconut water, watermelon water, or maple water?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink sports drinks, tonic water, soda, or fruit juice?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink adult beverages - like wine, beer, or spirits?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink caffeinated beverages like coffee, tea, or chia?	<input type="checkbox"/>	<input type="checkbox"/>

How much fluid are you drinking most days?

< 8oz | 9-16 oz | >17 oz

How much tap water, bottled water, filtered water, mineral water, or seltzer are you drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much water do you pit stop for each time during your day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much coconut water, watermelon water, or maple water?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much sports drinks, tonic water, soda, or fruit juice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much adult beverages - like wine, beer, or spirits?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much caffeinated beverages like coffee & teas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many servings of water-based fruits & veggies are you eating?	<input type="checkbox"/> <2	<input type="checkbox"/> 2-5	<input type="checkbox"/> >5



Section B:

Tell us a little about yourself?

YES | NO

Does it feel like a sauna - hot and dry - where you live? Or do you take saunas?	<input type="checkbox"/>	<input type="checkbox"/>
Are you an athlete, endurance athlete, or training like one?	<input type="checkbox"/>	<input type="checkbox"/>
Are you breastfeeding?	<input type="checkbox"/>	<input type="checkbox"/>
Are you heading into your golden years?	<input type="checkbox"/>	<input type="checkbox"/>
Do you relax with a few cocktails or beer often?	<input type="checkbox"/>	<input type="checkbox"/>
Are you just getting over a cold with diarrhea, vomiting or sweating out a fever?	<input type="checkbox"/>	<input type="checkbox"/>
Are you on medication?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking a multi or other nutrient supplements?	<input type="checkbox"/>	<input type="checkbox"/>
Are you under the care of a doctor for a condition/disease that includes loose stools?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>

Is your body trying to tell you something?

YES | NO

Fatigue?	<input type="checkbox"/>	<input type="checkbox"/>
Hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Cravings?	<input type="checkbox"/>	<input type="checkbox"/>
Dry skin?	<input type="checkbox"/>	<input type="checkbox"/>
Dark yellow urine?	<input type="checkbox"/>	<input type="checkbox"/>
Constipated?	<input type="checkbox"/>	<input type="checkbox"/>
Headaches?	<input type="checkbox"/>	<input type="checkbox"/>

So what did your water assessment tell you about you?

In section (A), where's your water coming from and how much are you getting?

- Add up your daily fluid intake, do you reach your better water number more often? If not, then let's add some water pit stops and water-based fruits and veggies to help you meet that number more often.
- While all the beverages listed (and some fruits and veggies) add to your fluid intake for the day, some are better choices than others. All the really "watery" water options - tap water, bottled water, filtered water, unsweetened herbal teas are the better choice to make. They don't have any added sugars, additives, coloring, caffeine, or alcohol. Aim to get at least half your daily water intake from these choices.
- Just because they call it a water, doesn't mean you are getting any! While some "waters" like coconut can provide you nutrients like potassium, they also deliver natural or added sugars. Make sure to count them as a carb and not a "water" but note that the potassium assists water in getting where it needs to go. Together they bring water-soluble nutrients into your cells. As such, part of your better water nutrition is getting enough potassium more often so do your [Better Nutrition Potassium Evaluation](#) next and get ideas from the [Better Potassium Menu](#).
- If you are getting most of your fluids from drinks that are bright blue, high octane, or ordered at happy hour - let's try some better swaps more often.
 - Seltzer with a splash of lemon or lime juice is a great swap for soda or juice.
 - Gin and soda water and lime is a better swap for a gin martini with an olive.
 - Go Americano versus latte more often and get more water.
 - Add blueberries to your water instead of drinking a blue colored water with added vitamins.
- If you are drinking all your water at one time, you could do better. Sure, it's great to get it all in, but your body can feel overwhelmed when it gets loads at one time. Aim to pit stop for some water, more often during your day.

In section (B)

- If you said YES to any of these questions, you may need to add ounces to your starting water number to get your better water range.
 - Add 5-10 ounces on any day you have to change your clothes because you sweated in them (even stress sweating counts!)
 - Add 10-15 ounces on any day you exercise more than 20 minutes.
 - Add 10-20 ounces daily if you take a sauna or live in one, but also pay attention to your potassium intake.
 - Add 20 ounces if you are fighting a cold or trying to heal.
 - Add 10 ounces if you are a smoker, drink alcohol, or consume more than eight ounces of coffee that day.
- If pregnant or nursing, aim to get at least two servings of water-based fruits or vegetables in addition to your better water number. Also, make sure you are getting enough potassium (use the [Better Potassium Menu](#) and the [Better Nutrition Potassium Evaluation](#)).
- Certain signs of dehydration come in disguise! If you said yes to having fatigue, hunger, or cravings, drink a glass of water and wait 5 minutes, was your body using thirst to get your attention?
- Dry skin, dark yellow urine, headaches, constipation - these are signs that your body needs some more water so drink up. You may also need more potassium and healthy fats so check out the better evaluations and menus for Omega 3s & Potassium to help you make your better not perfect choices more often.



the better nutrition
membership

better not perfect. more often.

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