Hydration and Detox

Weekly action worksheet • Check each step and write what worked for you.

☐ Calculate your daily water needs

- ☐ Start with your usual drinks and note your daily routine.
- ☐ Adjust for heat or activity as appropriate for you.
- ☐ If you have a fluid limit, use your clinician's target instead.

MY DAILY HYDRATION GOAL

☐ Track water intake for 7 days

- ☐ Record drinks each day in a way that is easy to repeat.
- ☐ Notice when you tend to forget to drink.
- ☐ Try keeping water available at those times.

SEVEN-DAY WATER NOTES

Hydration and Detox

Weekly action worksheet • Check each step and write what worked for you.

☐ Add 2 detox-supporting foods to your diet

- ☐ Pick two fruits or vegetables you enjoy.
- ☐ Add them to meals rather than relying on detox products.
- ☐ Notice which preparation is easiest to repeat.

FOODS AND MEALS I TRIED

☐ Identify and eliminate one toxin source

- ☐ Choose one avoidable exposure in your routine.
- ☐ Read the label before changing a cleaner or personal care product.
- ☐ Make a practical, safer swap if one is available.

MY SAFER SWAP