

THE HYDRATE LIKE AN ATHLETE PROGRAM

COACHING PROGRAM



Toogood Nutrition

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Water is the most important nutrient in your diet. Nothing else comes close. It's therefore a truly vital resource for the human body. This 2-week habit coaching program encourages you to drink fresh water with every meal.



DAY 0 - INTRODUCTION OF HABIT (SUNDAY)

Habit Challenge: Drink fresh water with every meal

For the next two weeks, I challenge you to drink fresh water with every meal.

Water is the most important nutrient in your diet. Nothing else comes close. Got your attention?

It's therefore a truly vital resource for the human body.

We know it is indispensable for life itself, and provides essential functions for good health. In fact, it is the most widely used nutrient involved in the process and make up of the body.

Daily water intake is extremely important in helping to replenish water lost through bodily processes including urination, sweating and breathing.

When the water is not replaced, we become dehydrated. It's clear that even a small amount of dehydration can hold us back from being our best.

It's time to get hydrated!

How can I personalise this habit?

Choose how much water you would like to start consuming with each meal and thus daily. If you're not used to drinking fresh mineral water, then start with a small amount each meal, like 100ml. If you're used to drinking fresh water, then focus on increasing your consistency or slightly increase you normal intake.

How can I make this habit easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

What can I piggyback off of?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. You can also prep your water for each meal then too. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

Here's a template:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

Here's an example:

I am 90-100% confident that I will drink 250ml of fresh water with every meal for 6 days a week after I start to eat.

P.S. Don't worry about making this perfect. We'll help you adjust.

DAY 1 – START OF HABIT REVIEW (MONDAY)

How was Day 1? Did you complete a personalised version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

1. *What did I do well today?*
2. *What did I learn today?*

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behaviour that you're trying to make automatic.

You've got to close the loop between your intention and your behaviour, and it's as simple as answering these two questions.

So here they are for you again:

1. *What did I do well today?*
2. *What did I learn today?*

DAY 2 – DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

A typical male is made up of around 60% water, a woman around 50% and our brains (regardless of gender) around 75%.

Daily water intake is extremely important in helping to replenish water lost through bodily processes including urination, sweating and breathing.

When the water is not replaced, we become dehydrated. Check out these scary stats:

- 1% dehydration - we become thirsty with reduced concentration
- 5% dehydration - we become hot and tired with decreased performance
- 10% dehydration - delirium and blurred vision
- 20% dehydration - may result in death.

It's clear that even a small amount of dehydration can hold us back from being our best. As a performance seeking person, being dehydrated is never a wise option.

Water does plenty aside from simply quenching our thirst:

Transports nutrients through the body

Once a substance is dissolved, water becomes vital for transporting

it throughout the body. Blood - 83% water - transports oxygen, CO₂, nutrients, waste products and more from cell to cell. Urine - another important transporter - is also mostly water and removes waste products from the body.

Moistens eyes, mouth and nose

Water is needed for protection, keeping your mouth moist and washing away dirt and grime from your eyes. Water even lubricates our joints, keeping them from getting stiff and making sure motion is smooth.

Can help maintain pH and electrolyte balance

Our bodies must maintain a very specific pH level of 7.4. pH values of less than 6.9 or greater than 7.6 are life threatening so it is essential that we have ways to keep pH from deviating too far from normal. Water is a reactant within a very important process that maintains pH at 7.4.

Water is essential to maintaining electrolyte balance within our bodies. Electrolytes are charged ions (such as Na⁺ or Cl⁻) which must be kept at certain levels to maintain the proper amount of water in our cells.

Participates in many chemical reactions

As a chemical reactant, water is involved in many processes and pathways of the body. We use it to digest food in the gastrointestinal tract, to access stored energy for muscles and organs, and for countless other reactions.

- Helps maintain normal body temperature
- Reduced chances of kidney stones
- May reduce constipation
- Hydrates our skin
- Ensures adequate blood volume
- Forms main components of body fluids

As you can see, it's pretty important stuff!

DAY 3 – DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

Water is the fundamental solvent for all biochemical processes in the body. A solvent is the dissolving medium to which a solute (the substance to be dissolved, like a solid, liquid or gas) is added.

When a solvent dissolves a solute, it is known as solvation. Solutes that solvate into ions are known as electrolytes. These play important roles in our bodies including nerve transmission and muscle contraction.

Electrolytes are single, electrically-charged particles, key to maintaining water balance and the balance of acid base in the body.

Sodium, potassium, magnesium and chloride are examples of electrolytes – substances dissolved in blood and body fluids that carry electric charges. The key role of electrolytes is to balance the fluids inside and outside of the cells, so they can function properly, transporting nutrients while removing waste products.

Electrolytes also help create the environment in which the cells' work (for example nerve-nerve communication, heartbeats and contraction of muscles) takes place.

For all of that, there is another reason why remaining hydrated is so important. When we lose fluid from the body, we also lose electrolytes. Maintaining healthy concentrations of electrolytes is critical to support the important activities of the vital organs.

Keep getting hydrated!

DAY 4 – WEEKEND WIN (THURSDAY)

Over the last number of months you've been learning the Slow Change method.

Instead of revamping your entire diet all at once, you've been making small yet consistent changes, and slowly, gradually, your entire diet changes.

It's gradual, so you barely notice the difference, and your mind or body hardly objects.

Today, think about how easy you can make this current habit for the weekend ahead.

How are you going to drink fresh water with every meal this weekend?

DAY 5 – DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

One of the top questions I'm asked about water is “which type of water should I be drinking?”

The first thing to say is that, when I say water intake, I really do mean pure water. The best source of water, is water. Not energy drinks, not coffee, not juice, and definitely not alcohol. If you need a drink, get some fresh water.

Here in the UK, most drinking water comes from the tap, but this is also used for toilet flushing, washing and landscape gardening (if you're into that sort of thing). It's 100% safe enough to drink, as it has been 'treated' before use. So drink up.

But you might find bottled, filtered or mineral water tastes better and gives you a higher level of minerals for improved hydration levels.

Bottled water is big business and many people buy it because of perceived health and safety benefits, for its improved purity, or for 'taste free' factors.

These reasons might not hold water (excuse the pun). There are no existing guidelines requiring bottled water to meet higher standards for quality (such as a maximum level of contaminants), than standards imposed on public drinking water supplies.

As a matter of fact, it is suggested that anywhere between 25-40% of bottled water comes from the same municipal supplies as tap water, and has only been filtered to remove chlorine to improve taste.

It's important to understand how the source of your bottled water may affect its overall quality.

My personal choice is to look for a natural mineral water that is drawn from an underground source as it should contain higher levels of minerals than the others.

DAY 6 – NO DAILY LESSON (SATURDAY)

DAY 7 – WEEKLY GROUP REVIEW (SUNDAY)

When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- *What has it actually been like, as opposed to the fantasy you had about it before you started?*
- *What have you learned?*
- *What do you appreciate?*
- *What obstacles have come up, and are there ways to overcome them for next week?*

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

DAY 8 – ADJUSTMENT OF HABIT (MONDAY)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've just been drinking the minimum amount of water with each meal, then try increasing the amount this week.

Or if you've struggled with drinking water with certain meals, put extra focus on those areas to improve consistency.

Never make too big an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

DAY 9 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

The amount of water you need will depend on your age, health, activity level, environment and diet.

Water leaves the body through several routes - the evaporation of sweat, in the moisture of exhaled breath, in the urine and in the faeces. It is also used to facilitate all the previously mentioned functions in the body.

This amount equals between 1.4-2.8 litres per day.

Adults are advised to consume 1-1.5 ml of water for each calorie expended daily.

For example: if your daily energy expenditure (BMR x activity level) is 2000kcal per day, then you would require 2-3 litres of water per day. I've personally found that many people do better at the higher end of this spectrum.

In fact, studies conducted on strength and power athletes noted optimal hydration levels for these athletes in the range of 3.8 litres per day for men and 2.6 litres for women.

Water consumption throughout training should be a given, and it is suggested for every pound in bodyweight lost between the start and finish of training, 500ml of water per pound should be replaced.

When recommending daily water intake, these general guidelines work very well:

- Get hydrated ASAP in the morning
- Continue to sip throughout the day
- During high heat and exercise, drink enough to compensate for lost fluids

Listen to your body – it will tell you when it needs more water. Don't wait for thirst cues, that's your body's way of saying it's been too long. If you are feeling thirsty, that doesn't mean you'll need water soon, it means you've needed it for a while. You can also check your pee: a pale yellow colour means you're optimally hydrated, and a darker yellow colour means you need some more water.

DAY 10 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

Today I want you to pause for a moment to remember your intention for this habit, your deeper reason for doing it.

It's good to connect with this "why" before doing the habit each day. Think back to the first week of the programme, when you set your vow: what was your intention? Why was this so important to you?

If it's to help yourself, or to help others, consider those people (or that person) now, and keep it in mind as you do your habit today.

DAY 11 – WEEKEND WIN (THURSDAY)

It's a good idea to take a look at what is going on in your life – do you have a big work project, a lot of stress, travel, illness, family crisis, busy-ness with your family or friends? Are you overwhelmed or stressed out?

Any one or more of these factors can cause you to have low bandwidth for creating new habits, and messing up on habits in this case does not reflect on your discipline levels.

So let's set you up to win this weekend and achieve your habit with ease.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

DAY 12 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

We're almost at the end of the 'Drink water with every meal' habit challenge.

As you prepare to move onto the next habit challenge, you'll want to put this current habit into 'habit maintenance mode.'

This is a way of continuing it with less of a focus.

By now, the habit should start to become more automatic if you've been at least a little consistent. You don't need reminders to start the habit, and it's feeling a bit easier, more part of your 'normal.'

So as you begin to move your focus to the next habit challenge, all you want to do is not forget about this habit. You don't need to keep track of it every day, as long as things are going well.

But every few days, pause and reflect on this habit and check in to see that everything is still going well. Maybe once a week, use one of our Sunday reflection sessions to assess whether you have any obstacles around this habit, need to make adjustments, learned anything new.

After a while, you need to reflect on the habit less often, as it becomes ingrained in your life.

Stay focused this weekend and remember to have some fun in the process!

DAY 13 – NO DAILY LESSON (SATURDAY)

DAY 14 – END OF HABIT REVIEW (SUNDAY)

Over the last two weeks you've completed the 'Drink fresh water with every meal' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

What has the habit been like and how have you done?

What have you learned?

What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

Tomorrow, we'll be starting our next habit challenge.