My Hydration Check-In

Notice what drinking feels like for you, without judgement.

Drinks and options I find manageable

- [ ] Water
- [ ] Tea or coffee
- [ ] Flavoured drinks
- [ ] Milk or alternatives
- [ ] Warm drinks
- [ ] Other drinks

When does drinking feel easiest for me?

When does drinking feel harder?

A gentle reminder

Hydration needs vary. Notice what works for your body and circumstances.

My Body Signals

Consider the signals you notice and what else might affect them.

Signals I sometimes notice

- [ ] Thirst
- [ ] Dry mouth or lips
- [ ] Headache
- [ ] Tiredness
- [ ] Difficulty concentrating
- [ ] Feeling dizzy
- [ ] Changes in urine colour
- [ ] Hard to notice thirst

Which signals do I recognise most easily?

Are there times when my signals are difficult to notice?

Signals are not a diagnosis

These experiences can have different causes, not only a need for fluids.

My Daily Hydration Patterns

Look for flexible opportunities throughout your day.

Morning

What helps me drink after waking?

Afternoon

What supports me during busy or tiring periods?

Evening

What feels manageable later in the day?

Changes in routine

What might help when my usual patterns change?

No rigid targets needed

Use these notes to recognise patterns rather than set strict rules.

Making Hydration Easier

Choose practical adjustments that suit your preferences and needs.

Support ideas I might want to try

- [ ] Sensory preferences
  Try a comfortable temperature, taste or drinking container
- [ ] Remembering to drink
  Use gentle cues or connect drinks with existing routines
- [ ] Accessibility
  Keep drinks within reach or use easier-to-handle containers
- [ ] Energy and preparation
  Choose low-effort options when needed
- [ ] Support from others
  Ask for practical help with preparing or accessing drinks

Which ideas feel realistic for me?

Choose what fits

Adapt or ignore suggestions according to your individual needs.

My Personal Hydration Plan

Bring together what supports you into a flexible personal reference.

Use these spaces to record ideas that work for you.

Drinks I enjoy or find manageable

My preferred options

My body signals

What I notice in myself

My preferred drinking routines

Times or patterns that help

Challenges I may experience

Sensory, practical or other barriers

Adjustments and support that help

What makes drinking more accessible

My next small steps

One manageable change I might try

A gentle reminder

Your needs can change. Follow individual medical advice about fluid intake.