



Week 2

For this week's habit tracker, we are adding on a water goal.

We all know that we should be drinking more water and that it's beneficial for us.

Here are just a few benefits of drinking more water:

- **Hydration:** every cell, tissue and organ in your body relies on water to function properly
 - **Improved digestion:** drinking water helps break down foods for digestion and therefore extraction of nutrients. It also prevents constipation.
 - **Weight management:** not only does it aid in controlling your appetite and making you feel fuller, staying hydrated supports your metabolism to operate more efficiently.
 - **Flush out toxins:** water acts as a natural detoxifier by flushing out toxins through sweat and urine.
 - **Energy:** feeling sluggish every afternoon? You don't need more coffee. 😊 Dehydration can zap your energy.
 - **Mood enhancement:** dehydration has been linked to feelings of anxiety and stress. Drinking more water for ongoing hydration through your day can improve your mood and lead you to be more productive.
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Habit #2 : Water

In addition to tracking your minimum daily protein, you will start tracking water. Track each 500mL of water you drink (this does not include water used for coffee or caffeinated teas). You can also use MyFitnessPal (MFP) for this. Ideally, you are working up towards 2-3L daily. However, depending on how much or how little water you currently drink, you may want your initial goal to be 1L and work up weekly from there! Don't forget that you can use water flavor drops if that helps you drink more water.

- ✓ Keep a container that will hold your water goal (ie. 2L of water) either on your counter, at your workplace, or in your fridge daily. You will use this for your daily drinking water and/or anytime you make a protein shake. Your goal is to empty this container daily.
- ✓ Keep a water bottle with you and filled at all times. Sip through the day whether you are driving, at work, in meetings, running errands, and during workouts.
- ✓ If you are a morning coffee drinker, start your day with 500mL of water before having any coffee to get a head start to the day with your water goal.

Today's video module focuses on reading nutritional labels, grouping foods into macros, discuss trace macros, and how macros affect calories.



Summary Week 2

Actionable items for this week:



- Download the document to follow along with this week's video module
- Watch this week's video module
- Track each 500mL of water you drink on your daily tracker
- Track whether or not you hit your daily water goal each day this week.
- PLUS continue tracking your daily minimum protein goal

Reach out **via email** if you have any questions. I will also compile a FAQ document of all the questions I receive. Chances are that if you have a question, someone else does too.
