

5 STEPS TO DRINK MORE WATER

Morning habit

put notes in your mirror to remind yourself while you brush your teeth

STEP
01



STEP
02

Take it with you

Bring a refillable water bottle everywhere you go



STEP
03

Keep it close

keep a pitcher on your work desk to make it accessible at all times



STEP
04

Eat your water

Fill up on foods with high water content.



STEP
05

Stay on track

Use an App to get drinking reminders and track your intake



WATER UP!