5 Steps to Drink More Water

STEP 01: Morning habit
Put notes in your mirror to remind yourself while you brush your teeth.

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!