

Daily Hydration Schedule

Alkaline Lifestyle Introductory Course

Hydration is essential to the proper cleansing and functioning of the body. The majority of us living in Westernised society are chronically dehydrated and this is seriously effecting our health. To calculate how much quality water you should be drinking per day:

1 litre of water per 40 lbs (18kg or 2.85 stone)

For example: 12st = 4.2 litres per day

Consumption Strategy

Now that you have an amount, make a plan for how and when you will consume your alkaline water. Without a plan you can almost guarantee that you will forget. Here is an example you can follow:

7:00am: 500ml of water with lemon juice
7:30am: 500ml of water with pHour Salts
8am-12pm: 1 litre of green drink with pH drops
12pm-1pm: Lunch (no liquid)
1pm-3pm: 1 litre of green drink with pH drops
3pm-8pm: 1 litre of green drink with pH drops
8:00pm: Sip unlimited water with lemon juice until bed

Planning Ahead

You should build up to this from your current consumption level and can even go beyond. Remember this is your minimum level of water you need to remain hydrated, not the maximum.

Enter below your plan of how you will increase your water consumption over the duration of this course. Start in week one by entering an improvement on where you are now and plan your build up. See if you can beat your plan!

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week One Projected							
Week One Actual							
Week Two Projected							
Week Two Actual							
Week Three Projected							
Week Three Actual							
Week Four Projected							
Week Four Actual							
Week Five Projected							
Week Five Actual							