



# HYDRATION CHALLENGE RECORD SHEET



## Getting started – Week 1

- Record how many glasses of water you drink during the time spent at work. You can use the record sheet for Week 1.
- At the end of each day, note how you have been feeling during the day.
- At the end of the week, calculate your average daily water consumption for the first week. You should be aiming to drink 4-6 glasses per day for the time you spend at work.

## Weeks 2-4

- In subsequent weeks, aim to increase your intake of water gradually, working towards the target of 4-6 glasses per day for the time you spend at work.
- Continue to record how many glasses of water you drink at work each day. You can use the record sheets for Weeks 2-4.
- At the end of each day, record how you have been feeling. Have there been any changes in your concentration level, feelings of fatigue, or irritability, for example?
- Think about the reasons why you didn't drink more water. Discuss with your work colleagues ways around these problems.

Week 1	Number of glasses of water I drank during the working day	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Average		

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<b>Week 2</b>	<b>Number of glasses of water I drank during the working day</b>	<b>How I have been feeling today.</b> For example: energy levels, concentration levels or mood
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
<b>Weekly Average</b>		
<b>Changes from week 1</b>  How many glasses more (or less) did you drink this week compared to Week 1?		

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<b>Week 3</b>	<b>Number of glasses of water I drank during the working day</b>	<b>How I have been feeling today.</b> For example: energy levels, concentration levels or mood
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly Average</b>		
<b>Changes from week 2</b>		

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# HYDRATION CHALLENGE RECORD SHEET



Week 4	Number of glasses of water I drank during the working day	How I have been feeling today. For example: energy levels, concentration levels or mood
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Average		
Changes from week 3		

**Factors that might prevent you from drinking more fluids while at work can include:**

- Poor location of water facilities, making them inaccessible.
- Limited opportunities to break for a drink.
- Lack of encouragement to stop for a drink of water.
- Not wanting to drink too much because of embarrassment over using shared toilet facilities or poorly maintained toilets.

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