

A plan that fits the day

CDC notes that water helps prevent dehydration and that needs vary with factors including age and activity. This guide does not prescribe an amount, diagnose dehydration or claim water is the explanation for every difficult afternoon.

Start with access: Where can you get drinking water during your day? Is a refill point available? Can you take breaks? Would a clean bottle, a glass by a regular meal, or a question to your workplace make access easier?

If you have a clinician's fluid advice, use that instead of a generic online plan. A personal medical question belongs with someone who knows your situation.

Map access before setting reminders

Morning: Where is a clean glass or bottle? _____

During work or caring tasks: Where can I refill? _____

Transport or travel: What is available on the route? _____

Meals: What drink options do I want available? _____

A practical barrier I can address this week: _____

A reminder is only useful if the action is possible. If access, permitted breaks, cost or mobility is the barrier, more notifications may not solve it.

A worked example

Illustrative example: A person keeps forgetting a bottle on the train. Instead of buying another large bottle, they leave a washable cup at their usual desk and check whether the workplace water point is accessible.

For travel days, they put "water access" on the same short checklist as their ticket and keys. There is no promised health result. The change is simply that a practical item has a place in the plan.

Your own change can be smaller. Write what you tried, whether it was convenient, and what you would change. Do not score yourself on somebody else's bottle markings.

Keep the observation modest

One thing I tried: _____

Did it make access easier? _____

What got in the way? _____

What question needs professional advice rather than a worksheet? _____

Source: CDC, About Water and Healthier Drinks.

<https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html>

Original planning resource, 14 October 2026. No fixed fluid target or medical assessment. Notes stay with you. More free tools: <https://blushmallow.com/gifts>