

Keeping Up With the New Habit

Congratulations! You've made it to the final week of the *Water You Waiting For? Challenge*. We hope by now you've noticed what a difference drinking more water can make. Just because it's the final week of the challenge doesn't mean you should stop drinking eight glasses of water each day.

Without a challenge in place, it can sometimes be a bit tricky to stay motivated. That's why it's important to make drinking enough water a daily habit. Once the habit sticks, you won't have to constantly remind yourself to take a sip. Although the challenge is almost over, you can keep up with your water drinking habit with these simple tips:

Track it. If you're a visual person, it might be helpful to track your water intake throughout the day. Make a few copies of the water log to keep with you to track how many cups of water you drink per day. Keeping track of each cup of water you drink throughout the day will help keep you motivated.

Use an app. There are numerous apps available that will help you track the amount of water you drink each day. Some of the top-rated hydration apps include: Daily Water, Hydro Coach, Gulp, Plant Nanny, Waterlogged, Hydro Diary, Water Drink Reminder, and Aqualert. These apps will remind you to drink up throughout the day. Plus, most of these apps are free!

Create a schedule. When in doubt, schedule it out! If you want to continue to drink eight cups of water each day, schedule in each cup throughout the day. Write down when you will drink water and how much of it you'll drink.

Make it convenient. Always keep water with you everywhere you go. Use a portable water bottle to ensure that you have always have access to cool, fresh water. You'll be much more likely to remember to reach for water when it's convenient for you to do so.

Post reminders. Keep sticky notes at your desk, on your fridge, or even in your car that remind you to drink more water throughout the day. The visual reminder will help keep you motivated.

Reward yourself. Don't forget to reward yourself for your healthy behaviors! Set up a water goal for yourself and indulge in a reward once you complete your goal. Treat yourself to some new workout gear, get a massage, or go out on a nice date night with your partner. Keeping up with your water drinking goals will be much easier when you have something to look forward to!

We hope you enjoyed the *Water You Waiting For? Challenge*. Keep on sipping your way to a healthier lifestyle.

