

**THE ULTIMATE WEIGHT LOSS
WATER GUIDE CHEAT SHEETS:**

*What, When, and How
To Drink For Weight Loss*



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Experts say that to lose weight you need to drink water... But drinking your allotted amount is tough and trying to get it all in can be exhausting! Are you getting your water in? Do you know how much you should be drinking and what times are best to drink? Are you confused and frustrated with all the differing opinions out there? Who knew water consumption would be such a HUGE headache!

Drinking water doesn't have to be drama! Like Mary Poppins once said, "In every job that must be done there element of fun, find the fun and SNAP the job's a game. I am going to show you a fun way to shake up your water consumption and make it a game – to help you stay on track and learn to ENJOY it!

Like many of you my days are busy!! It seems as soon as my feet hit the ground I am running non-stop until my head hits the pillow at night. The other day was no exception. I woke up had my routine protein shake, ate a sensible lunch, and ate my meal prepped snacks... But by the end of the day I was ravenous!

I was reaching for anything and everything! After a pretty big splurge, (head hung in shame) I was sooo disappointed in myself. After I stopped feeling guilty...I looked back over my day to see where I had gone wrong. After much thought I realized that I did not drink my goal amount of water! That might seem strange but not getting enough water can REALLY derail your weight loss!

Consider proper water consumption – a major tool in your weight loss arsenal!

To make your very own water jog to help you pace your water consumption and to “visually” keep you on track you’ll need a 1 gallon water jog! Then grab a permanent marker to help mark the times to meet your consumption goals!

7:00AM RISE AND SHINE I GOT THIS!

Drink your first glass of water after you wake up to hydrate your body after a long night’s rest. This will get your body moving and aide with colon cleansing

9:00AM I’M A ROCK STAR

Keep it UP! - drink at least 8oz of water 30 minutes before breakfast. This will help your body feel full and aide in digestion

11:00AM I CAN DO HARD THINGS!

Again drink at least 8 oz before lunch for reasons Stated above!

1:00PM KEEP DRINKING!

I’m halfway done

3:00PM WATER ROCKS!

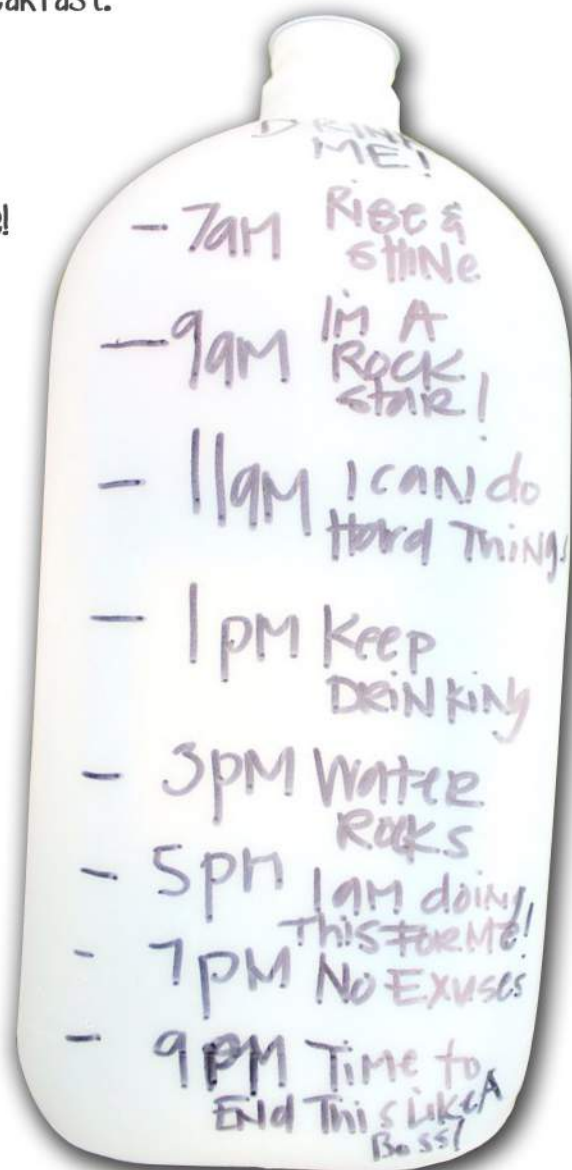
I FEEL Awesome!

5:00PM I AM DOING THIS FOR ME!

Remember again to drink at least 8 oz before dinner!

7:00PM – NO EXCUSES!

9:00PM – TIME TO END THIS LIKE A BOSS!



Now for the FUN Part! Infuse YOUR Water! –Infusing your water is a great way to shake things up and AMP up the flavor without an ounce of guilt!

FREE INFUSION OPTIONS

Lemon Wedges
Orange Slices
Pineapple Slices
Honeydew Melon
Cinnamon Sticks
Lime Wedges
Strawberry Slices
Cucumber Slices
Apple Slices
Rosemary

Blueberries
Kiwi Slices
Frozen Grapes
Mint Leaves
Grated Ginger
Raspberries
Mango Slices
Watermelon Cubes
Basil Leaves



My Favorite Infused Flavors!

TRY THESE EASY DELICIOUS COMBOS!

Watermelon + Rosemary = a total win! This is my personal FAV!

Orange Slices + Strawberry Slices + Kiwi Slices = A Fruity Treat!

Mint Leaves + Lime Slices = Hello Refreshing!

Handful of Mixed Berries + Lemon Slices = Berry Delicious Goodness

Freshly Grated Ginger + Cucumber + Lemon Slices + Mint = Detoxing Go To - The combo of mint, lemon and ginger really help to act as scrubbing bubbles for your colon... And the cucumber helps to add a yummy refreshing taste!

Apple Slices + Cinnamon Sticks = A Great Energizing Option, the apples act as a source of fiber to help you feel full and the cinnamon sticks provide stabilization of your insulin levels, helping you to avoid that "crash" feeling!

Don't be afraid to get creative! Have Fun!



Exercises Disclaimer:

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