

Hydration & Electrolyte Check-In™

Consider how your fluids, activity, climate, caffeine, medications and symptoms may be affecting your hydration needs. Hydration needs change from day to day. Use this check-in to notice context and patterns rather than chasing a perfect number.

What Have I Noticed?

- ☐ Thirst or a dry mouth
- ☐ Dark yellow urine or urinating less often
- ☐ Headache
- ☐ Fatigue or difficulty concentrating
- ☐ Dizziness when standing
- ☐ Muscle cramps
- ☐ Constipation
- ☐ Feeling unusually weak after heat or exercise
- ☐ None of these



What May Be Affecting My Needs Today?

- ☐ Hot or humid weather
- ☐ Exercise or heavy sweating
- ☐ Fever, vomiting or diarrhea
- ☐ Travel or a change in routine
- ☐ More caffeine or alcohol than usual
- ☐ A very salty meal
- ☐ Hot flashes or night sweats
- ☐ A medication that affects fluids or blood pressure
- ☐ A medical condition that changes my fluid needs



My Usual Hydration Pattern

- ☐ I drink regularly throughout the day.
- ☐ I keep water where I can see and reach it.
- ☐ I drink more when activity or heat increases.
- ☐ I include water-rich foods such as fruit, vegetables, soups or yogurt.
- ☐ I pay attention to thirst and urine color.
- ☐ I know whether my healthcare provider has given me a fluid or sodium limit.



Do I Need Electrolytes?

Plain water and regular meals are enough for many everyday situations. Electrolytes may be useful after prolonged heavy sweating, vomiting or diarrhea, or when recommended by a healthcare professional.

Check labels for sodium, sugar, caffeine and ingredients that may not suit you.



One Supportive Step I Can Take

- ☐ Drink a glass of water now.
- ☐ Keep water nearby.
- ☐ Add fluids around exercise or time outdoors.
- ☐ Include a water-rich food.
- ☐ Review my medication or health guidance.
- ☐ Ask whether electrolytes are appropriate for me.



Martine's Midlife Wellness Tip

Sip consistently rather than trying to catch up all at once at the end of the day.



When to Seek Medical Guidance

Seek prompt medical care for confusion, fainting, inability to keep fluids down, very little urine, severe weakness, chest symptoms or rapidly worsening illness.



Ask before increasing fluids or electrolytes if you have kidney, heart or liver disease, high blood pressure, or take diuretics or other medications that affect fluid balance.