

# Day 4: Water

## 12 Day *Natural* Detox

# Water

During this program you are drinking a lot of fluids and are also receiving the hydrating benefits of raw, whole, natural foods. It's important to begin planning now for what you will do after the program concludes. Take a look at your water intake.

How much water do you typically drink in a day? (Not coffee, juice, or other substitutes - just plain water!)

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What color is your urine usually?

- Clear, pale or light yellow
- Dark or bright yellow
- Amber or dark

If you selected anything other than the first option, you are likely suffering from slight dehydration and should increase your pure water intake.

Moving forward, how many glasses of water will you drink every day?

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What strategies or tools do you need to put in place to ensure this becomes a habit?

Strategies or Tools

# Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

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What challenges did you overcome today?

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How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

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What do you need to focus on for tomorrow to be a success for you within this program?

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