

**PAY ATTENTION TO HOW YOU FEEL BECAUSE**

# How You Feel is Data!

## **CONFUSED? HUNGRY? OR DEHYDRATED?**

### **IF YOU FEEL SOME COMBINATION OF**

<b>MENTALLY</b>	<b>PHYSICALLY</b>	<b>MOOD</b>	<b>BEHAVIORALLY</b>
Confused	Craving	Anxious	Acting on impulses
Sleepy	Fatigued	Irritable	Seeking starches and sugar
Fatigued	Thirsty	Foul mood	Wakeful and night eating
Memory problems	Headaches	Cranky	Drinking water

### **AND EATING OR DRINKING RELIEVES THE FATIGUE OR DISCOMFORT**

### **THEN IT'S TIME TO SEE IF**

## **DEHYDRATION**

### **IS DRIVING YOUR CONFUSION, FOUL MOOD, HUNGER, ETC., AS WELL AS YOUR THIRST**

### **YOUR NEXT STEP IS...**

- \_\_\_ Start drinking water, half your weight in ounces and see how you feel. You can be dehydrated and not feel your thirst.
- \_\_\_ Read this article on hydration:  
<http://www.thesuppersprograms.org/content/hydration-information>