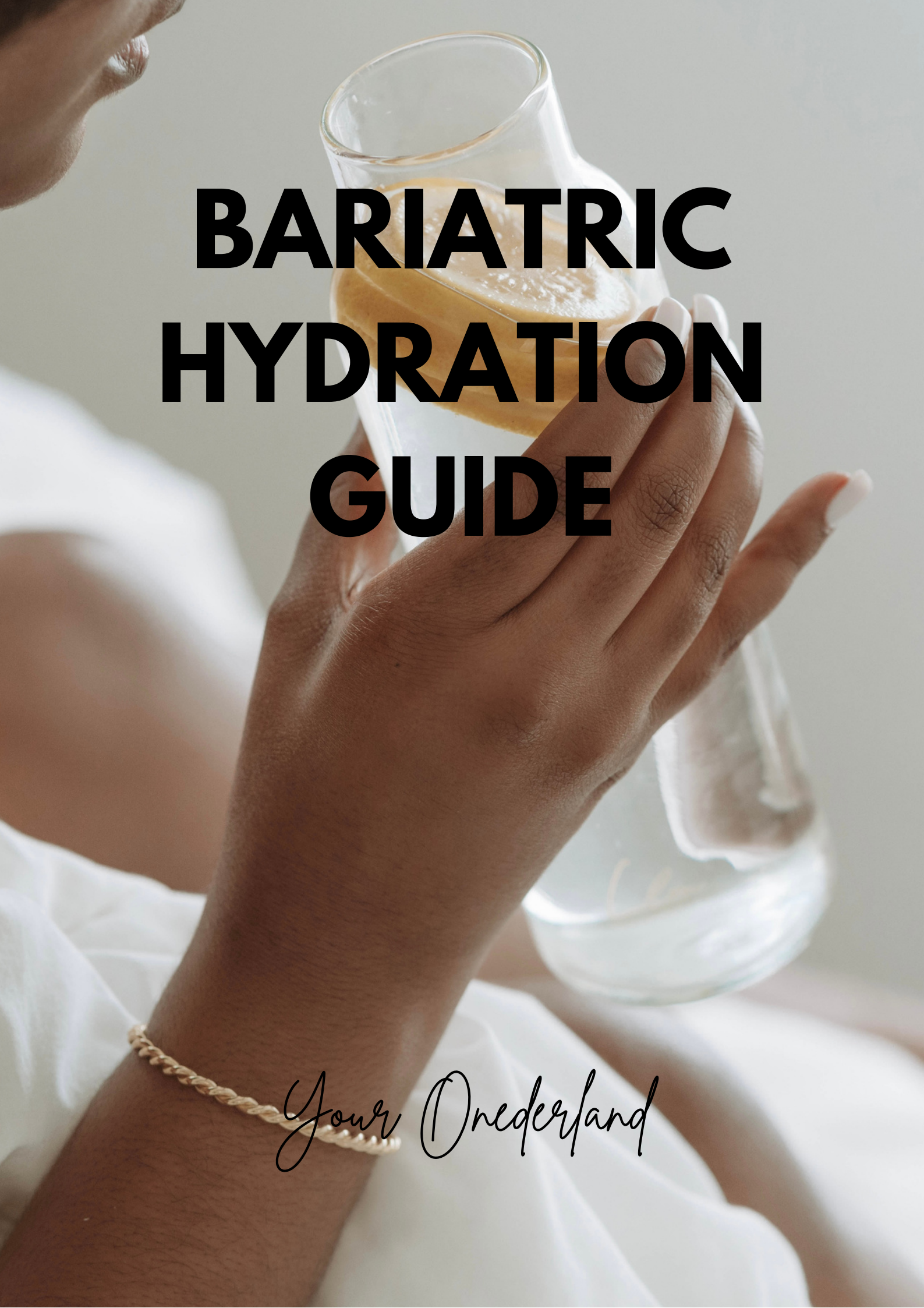


A close-up photograph of a person's hands holding a tall, clear glass filled with orange juice. The person's face is partially visible in the upper left corner, looking down at the glass. They are wearing a white garment. A gold-colored braided bracelet is visible on their left wrist. The background is a soft, out-of-focus white.

BARIATRIC HYDRATION GUIDE

Your Onederland

Hydration Challenge

Hydration Challenge

- 01 Intro
- 02 Hydration Challenge Schedule
- 03 Redefining your Hydration Goals
- 04 Identifying your Obstacles
- 05 Hydration Checklist
- 06 Accountability
- 08 Disclaimer

INTRO

Hydration is one of the most important basics after bariatric surgery.

Bariatric Surgery makes you more prone to dehydration because:

- You feel restriction
- You can't eat and drink at the same time
- You may dislike the taste of water

And then there's also the common daily struggles that may keep you from staying hydrated. You're busy, you're not thirsty or you keep forgetting to get those fluids in. It's a real challenge.

ABOUT OUR CHALLENGES

Our community challenges will guide you through your goals after bariatric surgery. We'll guard you with knowledge, tools and a supportive community to keep yourself accountable while you're striving to meet those goals.

Before you get started make sure to [create an account](#) or [log in](#) to access our private Hydration Challenge support group on Your Onederland. Add your accountability sticker to your posts and stories on Instagram and make sure to tag us @your.onederland.

HYDRATION CHALLENGE SCHEDULE

**Join the 4 week hydration challenge
to work your fluid goals!**

WEEK 1

We'll kick off the first week of the Hydration Challenge with redefining your own hydration goals. Are your goals realistic? Are they specific enough?

WEEK 2

The second week will be dedicated to identifying your obstacles when it comes down to hydration.

WEEK 3

In the 3rd week you will work on your hydration goals with your newly defined goals. Use your hydration checklist and your accountability sticker to keep yourself accountable.

WEEK 4

It's time to reflect on your hydration skills. How did it go? What can you do differently in the next challenge?



YOUR GOALS

REDEFINING YOUR HYDRATION GOALS

MAKE YOUR GOALS SMART

Smart goals are:

- Specific
- Measurable
- Acceptable
- Relevant
- Time-bounded

APPLY THIS TO YOUR OWN HYDRATION GOALS

If your goal is "I need to drink more water" - it's likely that it's hard to stick to that goal because it's too generic.

Questions you can ask yourself when redefining your hydration goals are:

- When am I going to drink more water?
- What tools am I going to use to drink more water?
- Where am I going to drink more water?
- How many oz/ml should I drink before the end of the day?
- Can I split up my hydration goals in different steps?
- How will I hold myself accountable? (no worries..we've got you!)



IDENTIFYING YOUR OBSTACLES

01

What's
keeping you
from meeting
your hydration
goals?

02

Has it always
been this way?
What's
changed?

03

What solutions
can you think of
to meet your
goals more
consistently?

HYDRATION CHECKLIST

- ☐ Write your hydration goals down
- ☐ Set alarms to remind yourself to drink
- ☐ Take small sips, don't gulp!
- ☐ Keep solids separate from liquids
- ☐ Aim for low or no-calorie liquids like water and tea
- ☐ Consider adding natural flavours to your water

ACCOUNTABILITY

USE YOUR ACCOUNTABILITY STICKER

1. Save this sticker to your phone
2. Add it to your posts and stories on Instagram whenever you're working on your hydration goals
3. Tag @your.onederland so we can add your post or story to ours*,

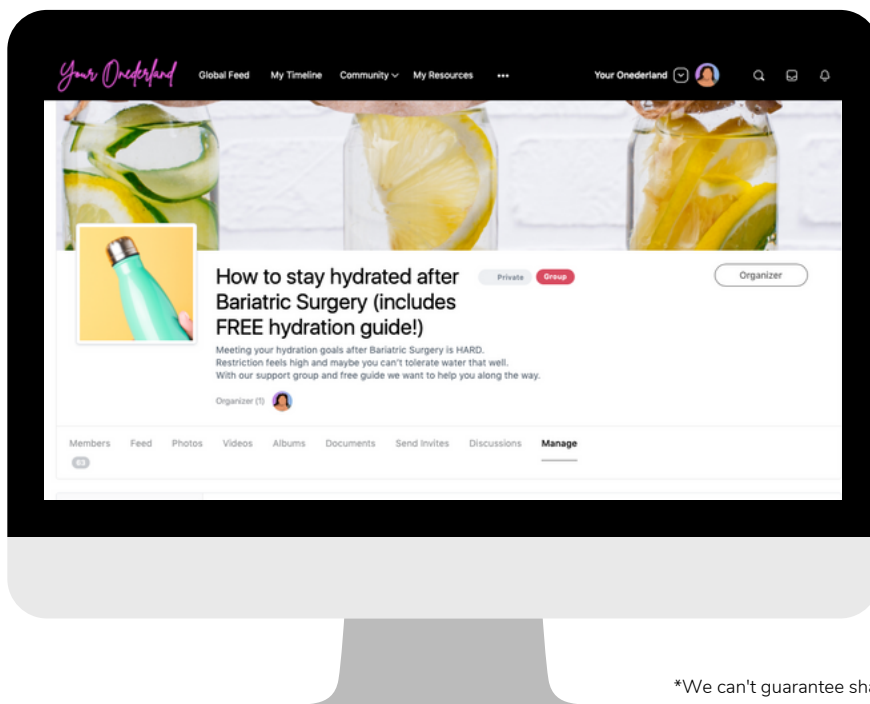


PRINT YOUR HYDRATION GUIDE (AND YOUR BARIATRIC GUIDE) AND TAG US WHEN YOU'RE USING IT

We recommend printing out your bariatric guide and this guide too. Whenever you're using your guides, make sure to post about it on Instagram and tag us for some extra accountability. We'll be cheering you on and share your post or story to ours*.

LOG IN TO OUR SUPPORT GROUP ON YOUR ONEDERLAND

Join our private support group on Your Onederland for extra support during the Hydration Challenge. You can do this! And you don't have to figure out everything on your own.





WE'RE A COMMUNITY -
YOU ARE NOT ALONE!

DISCLAIMER

The information on our Instagram page, website, e-mails and other (social) media platforms and channels as well as the community challenges we provide have been prepared solely for general educational purposes and should not be construed or relied on, nor is intended to be used or substituted for medical diagnosis, advice, or treatment.

It should not be used to replace that of your surgeon, your dietitian, your therapist or other qualified medical professional or healthcare provider. Each individual and situation is fact-specific and the appropriate solution in any case may vary; therefore, these materials may not be relevant to your particular situation.

While every attempt was made to ensure that these materials were accurate at the time of publication, errors or omissions may be contained therein, for which any liability is disclaimed. Should you have any health care related questions please contact your qualified health care provider as soon as possible. Never disregard medical advice or delay seeking advice because of information you have read or listened to on our websites and social media accounts. Communication on any of our platforms including comments, emails, the community challenges and direct messages does not constitute a therapeutic relationship.

We can't guarantee adding your posts and stories. We'll do our best to share as many as we can.