



The 3-Day Personal Observation Log

A companion to The Hydration Trap

Raymond Koekemoer • The Hydrated Gut • thehydratedgut.com/freeguide

This log is for three ordinary days. Change nothing yet: eat and drink as you normally do, and simply write down what happens. A few words at each point of the day is plenty.

Most of us have never looked at our own day this closely. When I did it, the pattern surprised me.

HOW TO USE IT

1. **Pick three ordinary days**, not a holiday or a day when you are unwell.
2. **Keep the log where you eat**, with a pen beside it. Fill it in as the day goes, not from memory at night.
3. **Write short words**: "warm," "cold," "dry toast," "bloated," "steady," "slump."
4. **Read the signals together**. One sign on its own, such as thirst or the color of your urine, tells you little. Several read side by side start to make sense. Think of each one as a word, and the three days as a sentence.
5. **On the fourth day**, turn to the last page and read your three days back.

△ Before You Begin

- **This log is for noticing, not diagnosing**. It is educational and is not medical advice. I am not a doctor.
- **Fluid limits come first**. If your doctor has set a limit on fluid or salt, keep to it. This log is not a reason to drink more.
- **Medicines**. Never change the dose or timing of a medicine because of what you notice here. Talk to your doctor or pharmacist.
- **See a doctor promptly** for blood in your stool (even if you think it is piles), black stools, severe or lasting abdominal pain, unexplained weight loss, a lasting change in bowel habits, or a sudden severe headache.

Your Three Days

	DAY 1	DAY 2	DAY 3
Woke at and how you slept (rested? woken how often?)			
First drink: what, when, warm or cold			
Breakfast: what, and was it dry or moist?			
Drinks until lunch: what, roughly how much			
Main meal: when, what, dry or moist			
Afternoon: drinks, and your energy at about 3 PM			
Evening meal: when, what, dry or moist			
Last drink: when, what, how much			
Belly: morning and evening (flat, full, bloated)			
Bowels: yes or no, easy or straining			
Mouth, lips, skin: dry or comfortable?			
Head: clear or dull?			

Reading Your Three Days Back

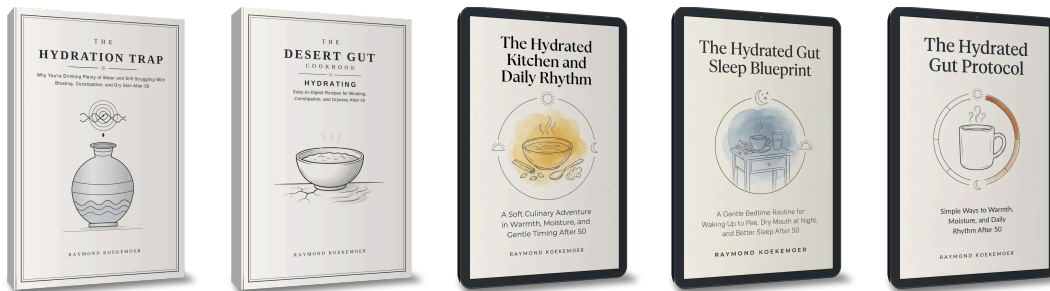
Take five minutes on the fourth day. Look across the rows, not down the columns.

- **When did most of your drinking happen?** Morning, afternoon, or after dinner?
- **Warm or cold?** How did your first drink of the day sit with you?
- **Which meal was the driest?** Did a dry meal come with a big glass of water to wash it down?
- **The afternoon:** on the days you felt a slump, when had you last had a drink?
- **The belly:** did evening bloating follow particular meals or drinks?
- **The night:** how did your last drink of the day line up with how you slept?

Now put the words into a sentence. For example: "Most of my drinking happens after dinner, my breakfast is dry, and I'm bloated by evening." That sentence is your starting point, and *The Hydration Trap* explains what may lie behind it.

Then choose one thing to change, only one, and give it a week. A warm drink first thing in the morning is an easy place to start. Keep a fresh copy of this log, and fill it in again after the week.

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THE FREE DAILY PLANNER

Once you have read your three days, the planner shows how I arrange my own day, from the first warm cup to the last. Get it free, and hear when new printables are ready: thehydratedgut.com/freeguide.



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