

7-Day Mindful Water Tracker

Ayurveda with Hannah · @hannah.ayurveda

What a 1,400-year-old Ayurveda text says about water and meals, plus one week to notice how it feels for *you*.

What the text says

Before Water at the start of a meal makes the body lean. Ashtanga Hridayam, Sutra Sthana 5.15

During Sipping water in the middle of a meal keeps the body balanced. 5.15

After Water at the end of a meal makes the body heavier. 5.15

How full Fill half the stomach with food, a quarter with liquid, and leave a quarter empty. Sutra Sthana 8.46–47

Your week

	Breakfast			Lunch			Dinner			Felt
	B	D	A	B	D	A	B	D	A	😌 😐 🤰
Day 1	☐	☐	☐	☐	☐	☐	☐	☐	☐	○
Day 2	☐	☐	☐	☐	☐	☐	☐	☐	☐	○
Day 3	☐	☐	☐	☐	☐	☐	☐	☐	☐	○
Day 4	☐	☐	☐	☐	☐	☐	☐	☐	☐	○
Day 5	☐	☐	☐	☐	☐	☐	☐	☐	☐	○
Day 6	☐	☐	☐	☐	☐	☐	☐	☐	☐	○
Day 7	☐	☐	☐	☐	☐	☐	☐	☐	☐	○

B water before **D** sipped during **A** water after **Felt** circle one: 😌 light · 😐 ok · 🤰 heavy

Tick what you actually did. No right answers.

🔬 The modern twist

In a 2010 study, 48 adults aged 55–75 on a low-calorie diet who drank about 2 cups (500 ml) of water before each main meal lost about 4 lb more over 12 weeks than the diet-only group. Dennis et al., Obesity 2010

🌿 Go easy

The text says a drink with food is not good for problems above the shoulders, a cough, a hoarse voice, or after lots of singing or talking. Sutra Sthana 8.53–54 Any fluid limit from your doctor always comes first.

Educational only, not medical advice. Hannah and Megan are animated characters. Talk to your doctor before changing how much you drink, especially if you have kidney or heart conditions or are pregnant.

Sources: Ashtanga Hridayam, Sutra Sthana 5.15, 8.46–47, 8.53–54 · Dennis EA et al., Obesity 2010;18:300–307