



Eat Like a Ninja

:: Ninjas Stay Hydrated ::

Symptoms of dehydration:

- thirst and/or hunger
- decreased urine volume, dark urine
- unexplained tiredness
- irritability
- lack of tears when crying
- headache
- dry mouth
- dizziness when standing
- insomnia
- negatively impacted mood
- dry skin
- constipation
- athletic loss of performance of up to 30%
- flushing
- low endurance
- rapid heart rates
- elevated body temperatures
- rapid onset of fatigue

RULE OF THUMB:

HALF YOUR BODY WEIGHT IN POUNDS = DAILY OUNCES OF WATER (EX: 140 LBS/2 = 70 OZ.)

Choose your tactic! Which will you try first?

1. Drink a glass of room temperature water first thing in the morning.
2. When you feel hungry, drink a glass of water and wait 5 minutes.
3. Bring your water bottle everywhere you go.

:: Ninjas Know What They Eat ::

Each day write down:

- When you eat (example: 7:15am)
- What you eat (examples: bagel and cream cheese; or large plate tofu pad Thai)
- What you drink (examples: 2 cups of coffee; 1 glass red wine)
- How hungry you are on a scale of 0 (not) to 5 (extremely)
- How you feel (examples: tired, sluggish, anxious, happy)

If you want to take notes or add observations you can use the space provided. Use this template or create your own! Get creative!

For electronic tracking, try [MyFitnessPal](#) or [Loselt](#), either online or on your smart phone.

HEALTHY NINJA SKILLZ

Day 1	Time	Food	Beverage	Hunger level	Emotion
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
NOTES					
Day 2	Time	Food	Beverage	Hunger level	Emotion
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
NOTES					
Day 3	Time	Food	Beverage	Hunger level	Emotion
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
NOTES					

HEALTHY NINJA SKILLZ

Day 4	Time	Food	Beverage	Hunger level	Emotion
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
NOTES					
Day 5	Time	Food	Beverage	Hunger level	Emotion
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
NOTES					

:: Ninjas Eat Mindfully ::

Mindful Eating Tips:

1. Serve in modest portions.
2. Eat without distractions (start with 5 minutes or 1 meal each day).
3. Eat with utensils and set them down between bites.
4. Chew your food thoroughly.
5. Wait until you've finished each bite before taking the next one.