

Forum:[Hack Forums](#)

Thread: [Drink water](#)

Oh_Well - July 16, 2025, 5:43 am

That's a reminder for you to drink some water ?

You know you needed this.

Deany - July 16, 2025, 5:43 am

Where my hydro homies at

Oh_Well - July 16, 2025, 5:45 am

(Jul 16, 2025 05:43 AM)Deany Wrote: [\[CITE\]](#) Where my hydro homies at
That's a QL right there

Slumerican ? - July 16, 2025, 6:06 am

This is always a good reminder :)

jcole - July 16, 2025, 6:28 am

Gallon a day keeps me from going to the hospital with another heat stroke.

Oh_Well - July 16, 2025, 6:41 am

(Jul 16, 2025 06:28 AM)jcole Wrote: [\[CITE\]](#) Gallon a day keeps me from going to the hospital with another heat stroke.

Yep, ideally you should avoid that ?

jcole - July 16, 2025, 6:47 am

(Jul 16, 2025 06:41 AM)Oh_Well Wrote: [\[CITE\]](#) Yep, ideally you should avoid that ?
Heat stroke put me in a coma for 11 days.

Oh_Well - July 16, 2025, 6:51 am

(Jul 16, 2025 06:47 AM)jcole Wrote: [\[CITE\]](#) Heat stroke put me in a coma for 11 days.
for real? Damn. Hope you're good now. Do you remember anything from those days?
An uncle was in a coma for almost a month and he told ut he could remember converstations we had in the room (like a dream).

jcole - July 16, 2025, 7:27 am

(Jul 16, 2025 06:51 AM)Oh_Well Wrote: [\[CITE\]](#) for real? Damn. Hope you're good now. Do you remember anything from those days?

An uncle was in a coma for almost a month and he told ut he could remember converstations we had in the room (like a dream).

Yeah I remember vaguely some things, and vividly others. He explained it well. It was like a dream, but for me it was a nightmare. I woke back up thinking people were outside my window trying to kill me, and thought I had been kidnapped. I told my family I got shot ten times, and they were just like "WTF?. I ripped a radish sized catheter out of my pee hole along with all the IV's and wires on my body. I flipped out, and they had to sedate me.

Secrets - July 16, 2025, 7:35 am

read this in a stern tone and immediately picked up my jug.

JoshAllen - July 16, 2025, 8:39 am

Thank you. Now I am hydrated.

plops - July 16, 2025, 10:46 am

No one ever believes me but i stopped drinking water. I started eat raw meat instead. There enough water in that to keep you going.

Learned that on animal planet.

?ystem - July 16, 2025, 12:23 pm

Thank you for reminding me to nag my partner about hydration. Personally, I do my best to keep hydrated, especially during the summer.

Oh_Well - July 17, 2025, 12:35 am

(Jul 16, 2025 10:46 AM)plops Wrote: [\[CITE\]](#) No one ever believes me but i stopped drinking water. I started eat raw meat instead. There enough water in that to keep you going.

Learned that on animal planet.

What the actual -? I've never heard that before and tend not to believe you?

(Jul 16, 2025 12:23 PM)?ystem Wrote: [\[CITE\]](#) Thank you for reminding me to nag my partner about hydration. Personally, I do my best to keep hydrated, especially during the summer.

Stay hydrated buddy!

bot1044net - July 17, 2025, 2:23 am

i always forgot to drink water, thanks for the reminder

Mech - July 17, 2025, 6:58 am

Thank you for the reminder!

diablospartan - July 17, 2025, 7:09 am

Thats right not forget as its very beneficial for our health plus sometimes we eat a lot as we are not enough hidrated

Jamika - July 17, 2025, 8:37 am

(Jul 16, 2025 05:43 AM)Oh_Well Wrote: [\[CITE\]](#) That's a reminder for you to drink some water ?

You know you needed this.

Damn i need this reminder every day , i feel dry from burning weather ???

n8maniac - July 17, 2025, 12:01 pm

thanks for the reminder, mate!

HerrWinston - July 19, 2025, 12:22 am

well i will take this reminder, thank you :D

DirtyIndian - July 19, 2025, 2:25 am

As a youth I used to hate drinking water and now as adult I love it so much. No soda for me

sharn - July 19, 2025, 11:44 am

Thanks for the reminder.

Now I feel guilty for not drinking earlier.

toast e - July 19, 2025, 11:46 am

I Don't like water which is why i always make sure to have a gallon right by me to grab and drink to

make sure i actually get my h2o intake. I Also drink like 4 cups of Cafe Bustello every morning and it will dehydrate you quickly. At least me it does.

Oh_Well - July 19, 2025, 12:31 pm

(Jul 19, 2025 11:46 AM)toast e Wrote: [\[CITE\]](#) I Don't like water which is why i always make sure to have a gallon right by me to grab and drink to make sure i actually get my h2o intake. I Also drink like 4 cups of Cafe Bustello every morning and it will dehydrate you quickly. At least me it does.

Days used to go by without drinking any water. From coffee, to another coffee, to another coffee or a beer and then sleep. When I started drinking water regularly I realized how bad it was for my health (bad choices)

Oh_Well - August 5, 2025, 6:24 am

I hadn't had any water since last night and only realized it when I started feeling dizzy.

Just drank some, problem solved!

You should drink some too.

W1NK1LL3RX - August 5, 2025, 6:31 am

(Aug 5, 2025 06:24 AM)Oh_Well Wrote: [\[CITE\]](#) I hadn't had any water since last night and only realized it when I started feeling dizzy.

Just drank some, problem solved!

You should drink some too.

Good call! I'm grabbing some water now too. It's crazy how easy it is to forget.

K4RM4 - August 5, 2025, 6:39 pm

Good lookin my man!

Radi - August 6, 2025, 8:12 am

I just barely had some water while reading this since I had placed my water bottle in a spot I never leave it and so I've been thirsty for last 3 hours. Thanks for the reminder.

W1NK1LL3RX - August 6, 2025, 9:46 am

(Aug 6, 2025 08:12 AM)Radi Wrote: [\[CITE\]](#) I just barely had some water while reading this since I had placed my water bottle in a spot I never leave it and so I've been thirsty for last 3 hours. Thanks for the reminder.

Haha perfect timing then! Glad you finally found it, 3 hours is way too long to be thirsty. Stay hydrated, my friend!

Radi - August 6, 2025, 9:57 am

(Aug 6, 2025 09:46 AM)W1NK1LL3RX Wrote: [\[CITE\]](#) Haha perfect timing then! Glad you finally found it, 3 hours is way too long to be thirsty. Stay hydrated, my friend!

It's sometimes so hard to stay hydrated when you get busy and sometimes I am drinking way too much that I'm in the bathroom every hour there is no sweat spot yet haha.

W1NK1LL3RX - August 6, 2025, 9:59 am

(Aug 6, 2025 09:57 AM)Radi Wrote: [\[CITE\]](#) It's sometimes so hard to stay hydrated when you get busy and sometimes I am drinking way too much that I'm in the bathroom every hour there is no sweat spot yet haha.

I totally understand that on long drives, I prefer not to drink anything because I want to avoid stopping frequently for the bathroom.

Oh_Well - August 6, 2025, 10:30 am

(Aug 6, 2025 09:59 AM)W1NK1LL3RX Wrote: [\[CITE\]](#) I totally understand that on long drives, I prefer not to drink anything because I want to avoid stopping frequently for the bathroom.

Thats the trick. Also, don't eat salty stuff, so you won't get thirsty

W1NK1LL3RX - August 6, 2025, 10:49 am

(Aug 6, 2025 10:30 AM)Oh_Well Wrote: [\[CITE\]](#) Thats the trick. Also, don't eat salty stuff, so you won't get thirsty

True! Cutting back on salty snacks really does help. It's wild how much they sneak into everything too. Staying hydrated gets way easier without all that salt.

PDevance - August 12, 2025, 12:21 am

Just drank cuz you said.

Oh_Well - August 12, 2025, 12:39 am

(Aug 11, 2025 08:17 PM)ZenoGG Wrote: [\[CITE\]](#) Thanks bro ??

(Aug 12, 2025 12:21 AM)PDevance Wrote: [\[CITE\]](#) Just drank cuz you said.

Stay hydrated!

Lefty - August 12, 2025, 12:41 am

Thank you for this. Doing now haha

RangoWorld - August 12, 2025, 1:02 am

Thank you for this reminder. I just had a glass of one reading this.

Oh_Well - August 12, 2025, 1:20 am

(Aug 12, 2025 12:41 AM)Lefty Wrote: [\[CITE\]](#) Thank you for this. Doing now haha

(Aug 12, 2025 01:02 AM)RangoWorld Wrote: [\[CITE\]](#) Thank you for this reminder. I just had a glass of one reading this.

Glad it worked! Stay hydrated!

?inimalist - August 12, 2025, 2:16 am

Thank you mate. Now I am hydrated.

Phobia_ - August 12, 2025, 2:37 am

Thanks I just sipped down some nice Voss water.

Oh_Well - August 12, 2025, 2:50 am

(Aug 12, 2025 02:16 AM)MMDesigns Wrote: [\[CITE\]](#) Thank you mate. Now I am hydrated.

(Aug 12, 2025 02:37 AM)Phobia_ Wrote: [\[CITE\]](#) Thanks I just sipped down some nice Voss water.

Nice! Stay hydrated!

This thread still works for me as well, when I see a notification I also get reminded xD

SIM-5682596 - August 13, 2025, 8:20 am

Thanks

Oh_Well - August 13, 2025, 11:24 am

(Aug 13, 2025 08:20 AM)Skeoa Wrote: [\[CITE\]](#) Thanks

Stay hydrated!

HerrWinston - August 13, 2025, 11:37 am

Once again i see this thread and remember i havent had more then 1 tea in the morning lol

Oh_Well - August 13, 2025, 11:45 am

(Aug 13, 2025 11:37 AM)HerrWinston Wrote: [\[CITE\]](#) Once again i see this thread and remember i havent had more then 1 tea in the morning lol
haha I'm glad it still serves its purpose!

DollarMinutes - August 14, 2025, 2:21 pm

Thanks for the reminder

Oh_Well - August 14, 2025, 3:31 pm

(Aug 14, 2025 02:21 PM)DollarMinutes Wrote: [\[CITE\]](#) Thanks for the reminder
Glad it helped buddy!

RangoWorld - August 15, 2025, 1:55 am

I'm just drinking a full glass of water. Cheers! ?

Oh_Well - August 15, 2025, 2:26 am

(Aug 15, 2025 01:55 AM)RangoWorld Wrote: [\[CITE\]](#) I'm just drinking a full glass of water. Cheers! ?
Stay hydrated, friend!

SuhoNim - August 15, 2025, 4:08 am

Haha thnks for reminding

Yanix - August 15, 2025, 5:14 am

Water is life! We need to drink plenty of water daily!

Oh_Well - August 15, 2025, 6:17 am

(Aug 15, 2025 05:14 AM)Yanix Wrote: [\[CITE\]](#) Water is life! We need to drink plenty of water daily!
Exactly! :D

Phobia_ - August 16, 2025, 10:45 am

Drinking more Fiji water thanks

K4RM4 - August 16, 2025, 11:05 am

Heck yeah boi!

Oh_Well - August 22, 2025, 7:27 am

(Aug 16, 2025 10:45 AM)Phobia_ Wrote: [\[CITE\]](#) Drinking more Fiji water thanks
(Aug 16, 2025 11:05 AM)Ab3Snak3 Wrote: [\[CITE\]](#) Heck yeah boi!
Stay hydrated!

I completely forgot to drink water today, until this thread reminded me again.

W1NK1LL3RX - August 22, 2025, 8:17 am

As a side note to the current discussion, what is your favorite brand of water? Mine is Fiji or Smart Water.

Lawrencelll - August 22, 2025, 9:08 pm

Thanks for reminding. Going to get myself a glass now haha.

The Pact - August 23, 2025, 1:44 am

Where I live tap water is safe. But it is kind of boring.

?inimalist - August 23, 2025, 2:40 am

Thanks for the reminder

Oh_Well - *October 5, 2025, 11:53 am*

I just remembered of that and got some water

Mech - *October 5, 2025, 1:23 pm*

Just finished a bottle. thanks for the reminder.