Damy

HABIT



Coffee or water?

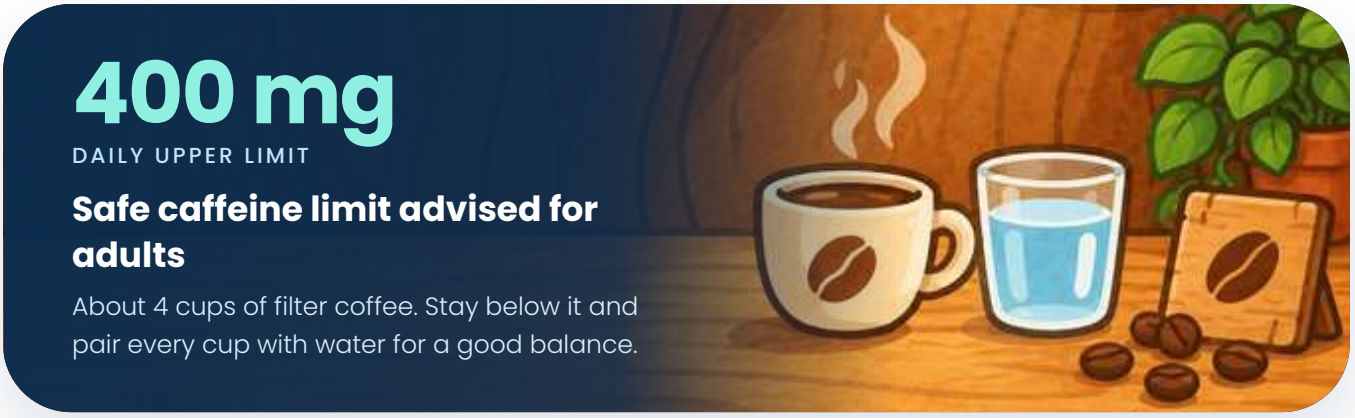
A coffee-friendly water routine

That first morning coffee is sacred. The answer isn't giving it up – it's adding one small habit alongside it.

Told by Bean
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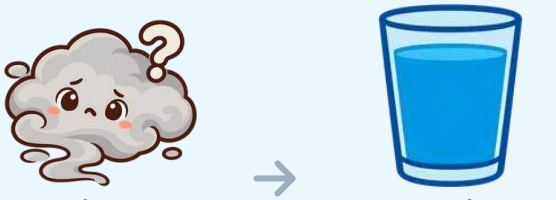
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That first morning coffee is sacred. Caffeine can have a mild diuretic effect, and as the cups add up through the day, it gets easy to **forget your water**. The answer isn't giving up coffee – it's adding one small habit alongside it.



1 How caffeine can quietly leave you thirsty

Caffeine is a mild diuretic; especially in larger amounts, it can make your kidneys work a little harder. The effect is slow and quiet – most of the time you won't even notice you're thirsty.



That "foggy" afternoon feeling

The slight haziness after your second or third coffee sometimes comes not from caffeine, but from the water you skipped during the day. Try a glass of water before your next coffee.

★ FROM BEAN

Keep a glass next to the coffee machine.

Coffee + water, one move

Fill your glass as you pour your coffee. Start tracking it in Damy right now →



2 Bean's rule: 1 coffee, 1 water

Bean's routine is simple: every coffee break comes with a glass of water. No complicated maths – this one-for-one habit settles in on its own over time.



1 coffee + 1 water = balance

> We drink coffee for pleasure and water for balance. They're not rivals – they complete each other.





A little note in Damy

Add a note to your water log, and over time you'll easily see the times of day when you fall behind.



"after coffee"

3 So how do you do it? 3 simple steps



Put a glass of water next to every cup of coffee.



Try to finish your water before your coffee.



After your last coffee, end the day with 2 glasses of water.



You don't have to give up coffee.

Just add one small, steady habit alongside it – Damy's reminders will handle the rest.

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