

HYDRATION INTAKE CHART

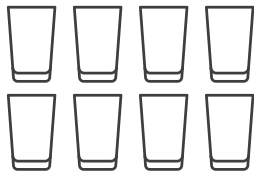
**FEED
YOUR BODY**

Keep track of your fluid intake each week by colouring in or ticking off a cup every time you have something to drink!

DID YOU KNOW?

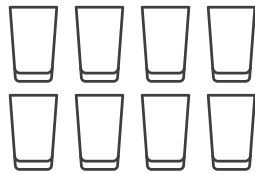
Fruit juice and smoothies count towards your fluid consumption but contain free sugars that can damage teeth. These should be limited to a total of 150ml a day.

MONDAY

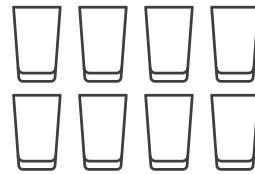


Great start!

TUESDAY

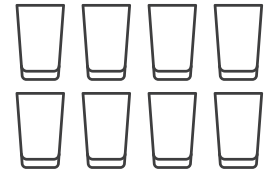


WEDNESDAY



Keep it up!

THURSDAY



FRIDAY

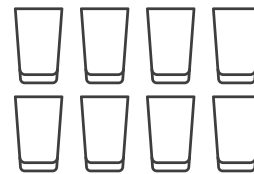


Almost there...

SATURDAY



SUNDAY



You did it!

DID YOU KNOW?

The Eatwell guide says we should drink 6 - 8 cups of fluid a day. Water, lower-fat milk, and sugar-free drinks including tea and coffee all count.

