

# Are you up for a challenge?

## How much water do you drink each day?

Keep a record of how many drinks you have each day, over the next 4 weeks.  
Add a tick to the relevant box every time you have a drink.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Did you have at least 6 to 8 drinks each day? Did you go for healthier choices? What improvements could you make next week?

## Top Tips for Healthy Hydration

- ✓ Have a drink with every meal.
- ✓ If you like sweet drinks, choose sugar free versions.
- ✓ Have regular drinks throughout the day – don't wait until you're thirsty.
- ✓ Refill a water bottle with tap water and get in the habit of drinking water throughout the day, it's the cheapest and healthiest choice!



**Have at least 6 to 8 unsweetened drinks every day!**