

WELLNESS WEDNESDAY

Water Tracker



Foundation

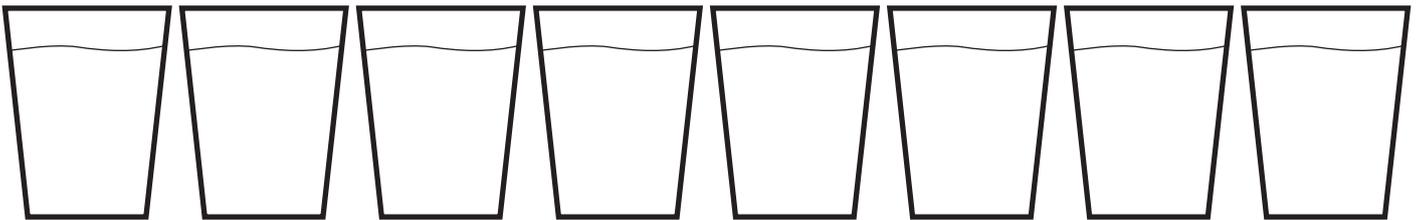
Did you know that you should drink around 6-8 cups of water a day?

If we don't drink enough water we can become dehydrated. Even a little dehydration can cause tiredness, headaches and a lack of concentration.

If we exercise then we need to drink even more!

Use the tracker below to make sure you stay hydrated. Every time you have a glass of water, simply colour-in a glass on the chart below!

MY DAILY WATER



Top Tips

Try infusing your water with flavour by adding fruits like berries, cucumbers, lemons and limes.



Fill your water bottle but leave some room and put it in the freezer overnight. This way your water will stay cold as it melts throughout the day.

LET THEM PLAY