

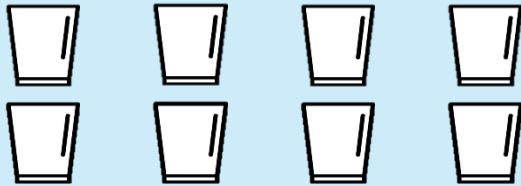
My drinks chart

Name: _____

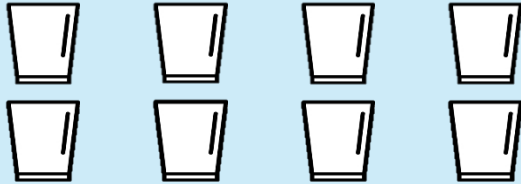
Colour in a glass each time you have a drink.
Aim for 6-8 glasses each day! Are most of your daily drinks water?



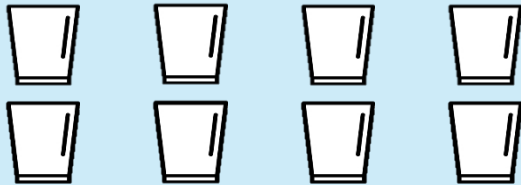
Monday



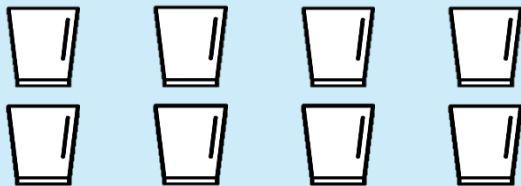
Tuesday



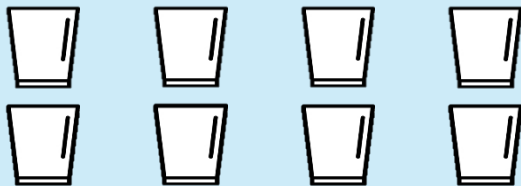
Wednesday



Thursday



Friday



Hydration maze

Help the runner find their way to the water so they can hydrate!

