

# HYDRATION HELPERS

Does everyone in your family drink enough water? Help everyone in your household stay hydrated by using our hydration helper cards!

Give a card to each person in your family to check they are drinking enough water. As they drink a glass of tap water colour in the cups.

Here's how much you should be drinking, remember this is the minimum amount and you might need to drink more!



**Aged 4-8**  
**6 CUPS**

**Aged 9+**  
**8 CUPS**



NAME: \_\_\_\_\_

NAME: \_\_\_\_\_



MONDAY

MONDAY



TUESDAY

TUESDAY



WEDNESDAY

WEDNESDAY



THURSDAY

THURSDAY



FRIDAY

FRIDAY



SATURDAY

SATURDAY



SUNDAY

SUNDAY

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Colour in the cups as you drink!

Minimum recommended amount



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**8 CUPS**



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