






Water Drinking Challenge: Put a tick or a smiley face in the boxes when you drink your water

Family Challenge: Put your initials in the boxes when you drink your water

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Drink a full glass of water with breakfast							
 Drink a full bottle of water during the morning							
 Drink a full glass of water with lunch							
 Drink a full bottle of water during the afternoon							
 Drink a full glass of water with tea							