## HYDRATION CHART

Keep track of your liquid intake this week by colouring in the glasses of water each time you consume 250 ml . If your urine is clear then you are probably drinking too much. Coffee, black \& green tea don't count.

My weight in kg __ $\times 0.35 \mathrm{ml}=\ldots$ litres daily

Monday


Tuesday


Wednesday


Thursday


Friday


Sunday $\because \square \square \square \exists \exists \exists$


TESSA RICKARD

