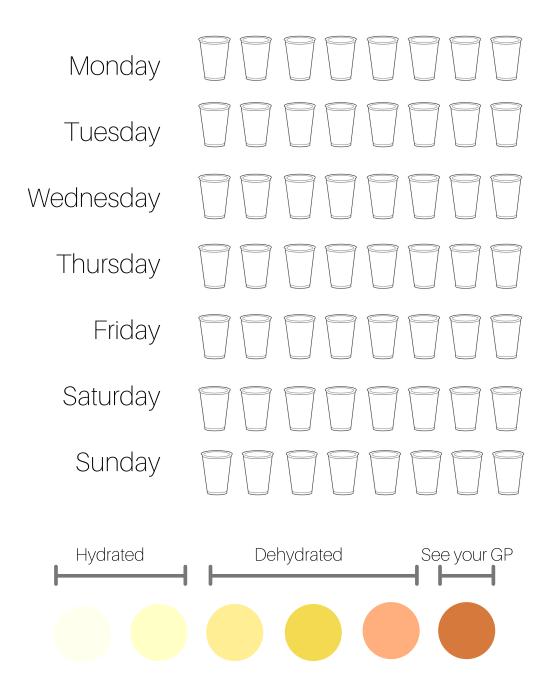
HYDRATION CHART

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

My weight in $kg = x \cdot 0.35ml = litres daily$



TESSA RICKARD

Mutritionist