WATER TRACKER

Use this tracker to record how much water and non caffeinated fluids you drink during a day. Water helps our bodies function properly - aiding our digestion and even making our brain work better. You don't have to drink pints of water to make this happen but try and aim for 6 - 8 regular sized glasses a day.

10													
9													
8													
7													
6													
5													
4													
3													
2													
1													
Day/ date													
Total glasses													

Remember:

- If you take a bottle out with you so you can sip throughout the day that can be a great reminder for us to drink more water. You could work out how many glasses of water fit in your bottle and add that to your chart
- Try to drink a glass of water for every cup of tea/coffee you drink
- Flavoured squash can also count towards your daily total
- Swap sugary or highly caffinated drinks in the afternoon/evening for water as this will help your body wind down and prepare for sleep