Are you drinking plenty?

Find out how much you and your class drink in one week.

To stay healthy and keep our bodies working well, we need to drink about 6-8 glasses of fluid a day. Lots of different drinks can count. Drinking plenty keeps us hydrated. Being well hydrated helps our bodies and minds to work properly so we can concentrate, learn and be active.

Name	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total

Class weekly total:

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