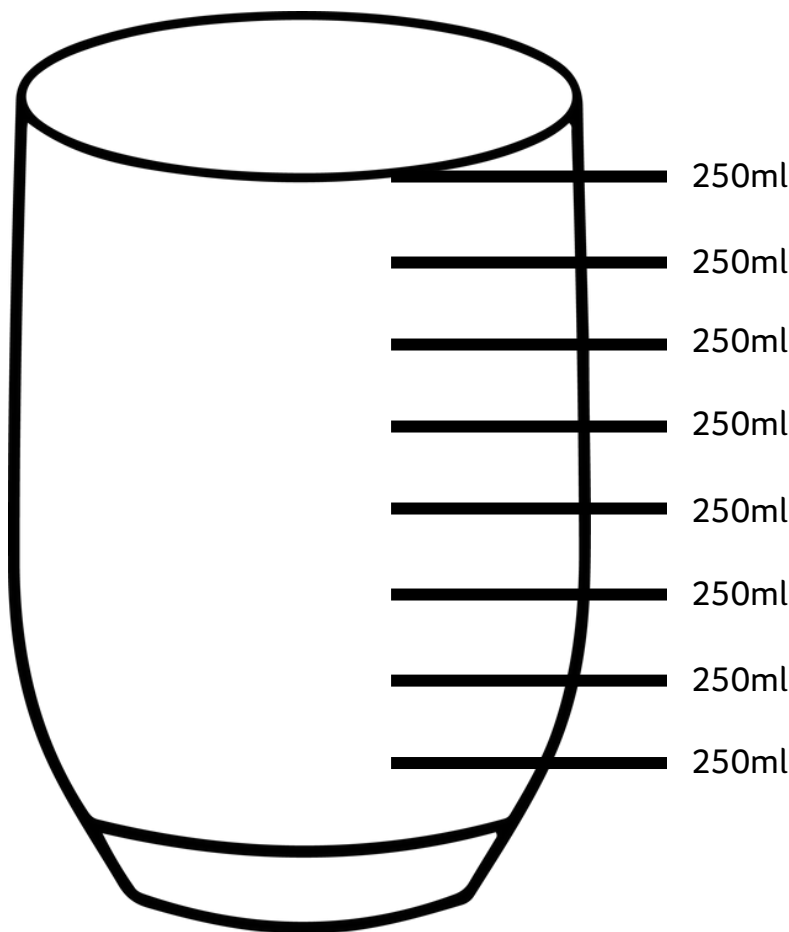


# 's Water Chart

It's important to drink enough water throughout the day to keep your body and mind running at their best!

You should aim to drink between 6-8 cups (250ml) of water a day to avoid becoming dehydrated. On hot days this needs to be even more.

Colour in the water cup below and see if you can hit your water target for the day!



**top tip!**  
water bottles  
tend to hold  
around 500ml!