











Q4:H₂O

Name:

Class:

Aim for 5 cups fluid total each day. (1 cup = 250ml) You may need more water if it is very hot and if you are very active.

- ✓ Water and reduced fat milk are the best drink choices. Water is best for thirst.
- ✓ Drink water with your evening meal at the table.
- ✗ Limit soft drink consumption (including sports drink, energy drink and cordial) to once/week or less, and in small amounts.
- ✗ Limit fruit juice to no more than 1 cup/day.

	Water and Milk		Bonus Points			Total points each day
	Colour in a cup for each cup of water or milk you drink each day. Aim for 2 cups reduced fat milk/day.  = 1 cup (250 ml) <small>* Include the milk you pour on your cereal. (about 1/2 cup)</small>	Total points for water and milk	Add 1 point if you drank water with your evening meal at the table	Add 2 points if you had NO soft drink, sports drink, energy drink or cordial	Add 2 points if you had 1 cup of juice or less	
Monday		5 /5	1	2	2	10 /10
Tuesday		/5				/10
Wednesday		/5				/10
Thursday		/5				/10
Friday		/5				/10
Saturday		/5				/10
Sunday		/5				/10
Grand Total for the Week						/70

How did you go?

My Grand Total for the week was

- 55-70 **Congratulations!**
- 35-55 **Doing OK - Keep going**
- Less than 35 **Uh Oh! Keep Trying**

How can you improve?

- More water
- More reduced fat milk
- Water with meal
- Less juice
- Less soft drink/sports drink/energy drink/cordial

Parent Signature