# **Hydration tracker** Complete the tracker to show many, and what, drinks you have each day over the Week. Aim for around 6-8 drinks (glasses or cups of fluid) per day!

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day | Drink | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| Monday |  |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |  |

**A glass of milk

Description automatically generated with medium confidenceWater is a great choice for your main drink because it keeps you hydrated without adding calories to your diet, or sugars that can potentially damage teeth.**

Other healthier drink choices include:

* unsweetened tea, coffee and herbal infusions
* lower-fat milks
* unsweetened 100% fruit or vegetable juices and smoothies - keep to one small glass (150ml) per day.