

Name:

Healthy Eating Week Drink Plenty tracker

Keep a record of how many drinks you have each day this week. Have at least 6-8 a day – from a variety of drinks. Go for healthier choices during the week.

	Mon	Tue	Wed	Thu	Fri
Morning					
Afternoon					
Evening					
TOTAL					

Stay hydrated tips

Water – drink plenty

Tea, coffee and other hot drinks – drink to suit

Milk – have regularly, but choose lower fat

Sugar-free drinks – drink in moderation

Juices and smoothies – can have once per day (150ml)

Sugary drinks – limit

Sports drinks – only if needed

Energy drinks – limit

[Source BNF](#)

Reflect on your choices this week. Did you have at least 6-8 drinks each day? Did you go for healthier choices? What improvements could make in the future?