# **Team hydration tracker**

Display the tracker in the staff kitchen or drinks making area. Challenge everyone to keep a tally of the number of drinks they have each day during Healthy Eating Week.

We need around 6-8 drinks (glasses or cups of fluid) a day – more if the weather is hot or we are active!

Team name:

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| Name | Mon | Tues | Wed | Thurs | Fri |
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| Total team drinks = |  |  |  |  |  |