



Name ..... Date .....

## Wonderful Water

To keep your body happy and healthy you should drink plenty of water. Try to drink six to eight glasses of water and other liquids, such as milk or fruit juice, each day.



8 glasses of water



Fruit juice

Milk

## My Water Chart

Colour in a glass each time you finish a glass of water.

**DAY  
1**



**DAY  
5**



**DAY  
2**



**DAY  
6**



**DAY  
3**



**DAY  
7**



**DAY  
4**

