

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

# Drink up!

Use this drink diary to plan when and what you will drink to make sure you have your 6-8 cups/glasses of fluid.

Read the tips in the thought clouds to help!

Time	Drink

**Water, lower fat milk and sugar-free drinks all count!**

**Limit fruit juice and/or smoothies to a total of 150ml a day**

**You need to drink more if the weather is hot or you are active.**

**together**  
we can

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