Hydration Challenge: Can you drink 6-8 glasses a day? Colour in a star for each drink


|  |  | - | $\square$ | $\square$ | $\square$ |  | - |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mon | $\sqrt{3}$ | $\sqrt{1}$ | $\sqrt{3}$ | $\underline{\square}$ | $\underline{\square}$ | $\checkmark$ | $\underline{\square}$ | $\sqrt{3}$ |
| Tues | $\square$ | \% | $\underline{\square}$ | $\left.\sum\right]$ | $\xi$ | $\Sigma$ | $\sum$ | $\sqrt{3}$ |
| Wed | $\square$ | $\sqrt{3}$ | $\sqrt{3}$ | $\underline{\square}$ | گֶ | $\sqrt{\wedge}$ | $\sqrt{3}$ | $\sum$ |
| Thurs | $\sqrt{3}$ | $\sqrt{3}$ | $\cdots$ | $\square$ | $\sqrt{3}$ | $\sqrt{3}$ | $\square$ | $\sqrt{3}$ |
| Fri | $\sqrt{3}$ | $\stackrel{\square}{3}$ | $\sqrt{\beta}$ | $\sqrt{ }$ | $\sqrt{3}$ | $\Sigma$ | $\sqrt{5}$ | $\sqrt{3}$ |
| Sat | $\sqrt{3}$ | $\sqrt{3}$ | $\sqrt{ }$ | $\sqrt{3}$ | $\sqrt{3}$ | $\sqrt{3}$ | $\sqrt{3}$ | $\square$ |
| Sun | $\stackrel{\square}{ }$ | $\square$ | $\sqrt{\wedge}$ | $\sqrt{ }$ | $\sqrt{3}$ | $\sqrt{~}$ | $\sum$ | $\sum$ |

