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











| Mon | $\sum_{i=1}^{n}$ | Σ , | $\sum_{i=1}^{n}$ | $\sum_{i=1}^{n}$ | \$\frac{1}{2} | $\sum_{i=1}^{n}$ | ₹ | $\sum_{i=1}^{n}$ |
|-------|------------------|---------------|------------------|----------------------|----------------------|----------------------|--------------------------|------------------|
| Tues | $\sum_{i=1}^{n}$ | \$\frac{1}{2} | Σ | \$\frac{1}{2} | \$\frac{1}{2} | 众 | ₹ | $\sum_{i=1}^{n}$ |
| Wed | $\sum_{i=1}^{n}$ | \$\frac{1}{2} | ₹ | \$\frac{1}{2} | Σ | Σ | $\sum_{i=1}^{n}$ | $\sum_{i=1}^{n}$ |
| Thurs | $\sum_{i=1}^{n}$ | \$\frac{1}{2} | ₹ | \$\frac{1}{2} | \$\frac{1}{2} | \$\frac{1}{2} | \(\frac{1}{2} \) | $\sum_{i=1}^{n}$ |
| Fri | $\sum_{i=1}^{n}$ | Σ,3 | Σ, | \$\frac{1}{2} | \$\frac{1}{2} | \$\frac{1}{2} | ₹ | $\sum_{i=1}^{n}$ |
| Sat | $\sum_{i=1}^{n}$ | Σ,3 | $\sum_{i=1}^{n}$ | \$\frac{1}{2} | \$\frac{1}{2} | \$\frac{1}{2} | ₹ | Σ , |
| Sun | $\sum_{i=1}^{n}$ | Σ,3 | $\sum_{i=1}^{n}$ | \$\frac{1}{2} | \$\frac{1}{2} | \$\frac{1}{2} | \$\frac{1}{2} | Σ , Δ |