

Drinking chart



Week beginning

You should be having 6-8 drinks spread throughout the day, 5 of your drinks should be before 5pm.

Please write what you have to drink and how much you have in mls

	Breakfast	Mid-morning	Lunchtime	Afternoon break	After school	Evening Meal	Early Evening	Other
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								



Remember! Fizzy drinks, tea, coffee and blackcurrant should be avoided. No drinks 1 ½ hours before sleep. If thirsty you can have a sip of water