



Remember to drink 8 glasses of fluid everyday to stay hydrated

Keep track of how much you drink everyday by filling in the chart below



Breakfast



Early Morning



Mid Morning



Noon



Afternoon



Evening



Bedtime

TOTAL

	Breakfast	Early Morning	Mid Morning	Noon	Afternoon	Evening	Bedtime	TOTAL
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

A cup of Tetley is not only deliciously refreshing, it also counts towards your daily fluid intake - Brilliant!

