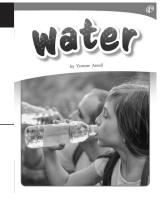
## Water

by Yvonne Ansell

I will need:

Paper

Pen



It is a good idea to track how much water you drink. Complete this water tracker chart from Monday to Friday. Colour in how many glasses you drink per day.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	