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- Colour in a cup every time you have a drink
- Aim to have 6-8 200ml drinks each day
- Avoid fizzy drinks and drinks containing lots of sugar
- **Do not** record milk drinks

Child/Young Person's Name:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							

- Colour in a cup every time you have a drink
- Aim to have 6-8 200ml drinks each day
- Avoid fizzy drinks and drinks containing lots of sugar
- **Do not** record milk drinks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	   	   	   	   	   	   	   
	   	   	   	   	   	   	   
6	   	   	   	   	   	   	   
	   	   	   	   	   	   	   
7	   	   	   	   	   	   	   
	   	   	   	   	   	   	   
8	