

**AM**



**Before and after  
your first / breakfast  
meal have 1 cup of water**

**PM**

**After noon  
during the lunch time period  
and before you return to class  
have 1 cup of water**



**PM**



**During mid- afternoon  
break or before leaving school  
drink 1 cup of water.**

**PM**

**Before and after  
your last / dinner  
meal have 1 cup of water**

