

# Drink water... even when you are not thirsty



It is recommended that out of your daily intake of 2 to 3 litres of fluid, 1.5 litres must be water. Meeting your daily intake of water can be easy. But sometimes, you may not drink water because you may forget or you are too busy or you don't feel thirsty. To help you remember, it is a good idea to make drinking water part of your everyday activities.

## Instructions:

Fill in the blanks that will help you remember to get your daily intake of water.

AM



After you brush  
your teeth in the morning  
have 1 cup  
of water.

During mid- morning  
break drink 1 cup of water.



AM