

**AM**



**Before and after  
your \_\_\_\_\_  
meal have 1 cup of  
water**

**PM**

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



**PM**



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

**PM**

**Before and after  
your \_\_\_\_\_  
meal have 1 cup of  
water**

