

Dear parents,

This week, we are learning about the importance of drinking water everyday. Below is the recommended amount of daily water intake:

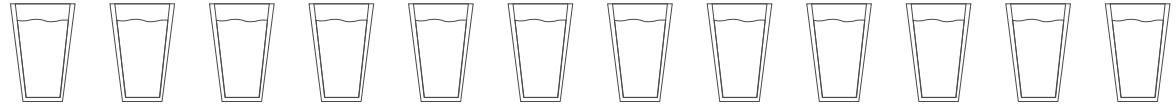
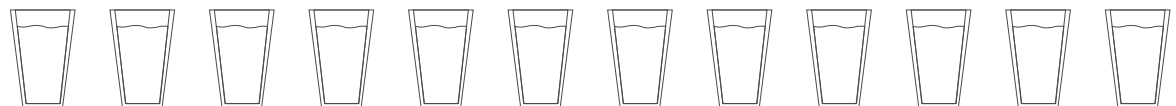





- o 6 - 9 years old: 6 glasses or more per day
- o 10 - 12 years old: 8 glasses or more per day
- o 13 - 18 years old: 9 to 12 glasses or more per day

Please help your child learn this important habit by encouraging him or her to drink 6 glasses or more everyday. For the next few days, have your child color a glass each time he or she drinks an entire glass of water.

They have also been instructed to encourage another member of the family to track their drinking habits. Please photocopy this page for one or two other members of your family who will do the same for the whole week.

Please have your child bring this chart on \_\_\_\_\_ .  
(date)

# WATER CHART

Day	Number of Glasses of Water That I Drank
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Name: \_\_\_\_\_

Section: \_\_\_\_\_