How hydrated am I?

Make a list of all the food and drinks you had yesterday.

* Remember to include everything. For example, if you had cereal for breakfast, remember to include the milk you put on it.
* When you have listed all of your food and drink, make a quick decision about each item. Do you think it has LOTS of water in it, or a little water?
* Put a green dot next to something that gave you lots of water, red for items that gave you very little water and orange for those ‘in between foods.’

|  |  |  |
| --- | --- | --- |
| Food/drink |  | Red Green or Orange |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner |  |  |
| Snacks |  |  |