

When Do You Drink Water?

Are you staying hydrated? Find out by keeping a Hydration Diary. Just make a note about how you are getting fluids throughout the day. Remember that your body gets water from fruits and vegetables as well as from the beverages you drink. Use the initials shown below to record how you are staying hydrated at each of the eight times of day listed on the chart. Fill in your diary for a school day, then again for a weekend day. Find out if you are staying hydrated every day.



My Hydration Diary

Name: _____

Times of Day	School Day	Weekend Day
1. As soon as you wake up		
2. Breakfast		
3. During the morning		
4. Lunch		
5. During the afternoon		
6. When you get home from school		
7. Dinner		
8. Before you go to bed		



W = Water



FV = Fresh fruits and vegetables



J = Fruit juice



M = Milk



O = Other beverages
(Write the name of the beverage.)



X = No hydration

Water Wisdom for Moms

Help your child complete the Hydration Diary over the weekend. Remember — children ages 6–8 years old need about 40 oz. (or 1.2 liters) of liquids each day to stay hydrated. Here are some times when you can make sure your child gets the liquids he or she needs:



- Before going to school
- At the morning break
- At lunch
- During exercise
- With an after-school snack
- While doing homework
- During dinner
- While reading a book



**DRINK BETTER.
LIVE BETTER.**

Learn more about how proper hydration can help your family live a healthier lifestyle. Visit the “Live Well” section at the Nestlé® Pure Life® Purified Water Web site, www.nestle-purelife.us.