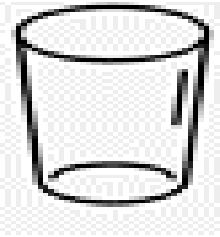




















































































































































































































Name:

Drinking Plan

How much I need to drink:



**Colour in a
cup each
time you
have your
drink!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	     	     	     	     	     	     	     
Week 2	     	     	     	     	     	     	     
Week 3	     	     	     	     	     	     	     
Week 4	     	     	     	     	     	     	     
Week 5	     	     	     	     	     	     	     
Week 6	