

your water tracker

your daily hydration goal: _____
E.g. 8 cups (250 mL each)

date	cups of water	hydration heroes – other:				total water intake (cups)
		coffee/tea*	milk	juice**	fruit & veg^	
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* Tips: 1. Contributes to hydration but be mindful of the caffeine content. 2. Enjoy your coffee whilst drinking a glass of water for every caffeinated beverage!

** Remember: If you are drinking juice, be mindful that [one serve is just 125 mL](#) – not a whole lot to quench your thirst.

Also, look for juice with no-added sugar or better, make your own!

^The Australian Dietary Guidelines [recommend](#) at least 5 serves of vegetables and 2 serves of fruit per day.

[Learn about a serve of vegetables.](#) [Learn about a serve of fruit.](#)