

CHALLENGE 14

ALL ABOUT DRINKS

Most people don't drink enough on a daily basis. Could you research:

- How much you should drink?
- Which drinks are best for you?
- If you were playing sport what should you take as a drink?
- How does the amount you drink affect your body and sport performance?

Can you keep a drink diary for three days?

Using the diary below write down the time, what you are drinking and if possible how much each time you have a drink, eg small glass of milk shake.

Looking at the drink diary can you think about the following questions.

- Do you drink enough?
- Are you drinking enough water?
- How could you improve how much you drink?

If you would like to share your drink diary with Super 1s please send it to your Development Officer or share it on social media tagging @lordstaverners.

Name _____

Date _____



Drink Diary

Use this diary to record what you have to drink every day. Don't forget that you need to drink enough water through the day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid Morning							
Lunch							
Mid Afternoon							
Evening Meal							
Supper							