

	SUN	MON	TUE	WED	THU	FRI	SAT
1	◊	◊	◊	◊	◊	◊	◊
2	◊	◊	◊	◊	◊	◊	◊
3	◊	◊	◊	◊	◊	◊	◊
4	◊	◊	◊	◊	◊	◊	◊
5	◊	◊	◊	◊	◊	◊	◊
6	◊	◊	◊	◊	◊	◊	◊
7	◊	◊	◊	◊	◊	◊	◊
8	◊	◊	◊	◊	◊	◊	◊

Hydro Hero



CITY OF DAYTON
water
 one source

Are you a super water drinker?

Color the Hydro Hero™ and then each water droplet in the chart to track your daily water intake. Try to drink the recommended amount of water for your age each day!

5 glasses (1 litre) for 5 to 8 year olds

7 glasses (1.5 litres) for 9 to 12 year olds

8 to 10 glasses (2 litres) for 13+ years