



Name: _____ Date: _____

Skip the Soda, Drink Some Water!

Water is essential and our bodies cannot function without. It makes up 80% of our bodies! It helps us to repair muscles, aids digestion, keeps us cool, helps our blood flow, and much more. With so many benefits, water should be a big part of your diet. According to the USDA, we need to drink 2.4 L of water every day, which is about 10 cups!

Although it is important to drink enough water throughout the day, drinking soda makes this difficult. When people do not get enough water, they become dehydrated. Someone who is dehydrated often feels thirsty, dizzy, and sometimes confused.

5-2-1-0 tells us to limit our intake of sugary beverages and drink water instead. Are you getting enough water? Use tally marks to track how many cups of water you drink this week! The chart below can help you.

| Day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--------|--------|---------|-----------|----------|--------|----------|
| Number of Cups | | | | | | | |