

Choose Tap household hydration challenge!

Name

Mon Tue Wed Thu Fri Sat Sun

The aim of the Choose Tap household hydration challenge is to see which household member drinks the healthiest drinks over one week.

Rules

- 1 Write each household member's name down the left column.
- 2 Household members get a tick if they only drink water each day.
- 3 Household members get a cross if they drink one or more sugary drinks each day.
- 4 Adults are still allowed tea or coffee with milk, but try reducing the amount of sugar by a quarter of a teaspoon.
- 5 Juices, flavoured water, flavoured milk, cordial and sports drinks are all sugary drinks and result in a cross.
- 6 Diet drinks will also result in a cross as these contain ingredients that may be bad for our teeth and health.

