



Complete this worksheet and turn in to your coach by \_\_\_\_\_ to get a YELLOW star!

Name: \_\_\_\_\_

## Why Water?

### Healthy Habit of the Week:


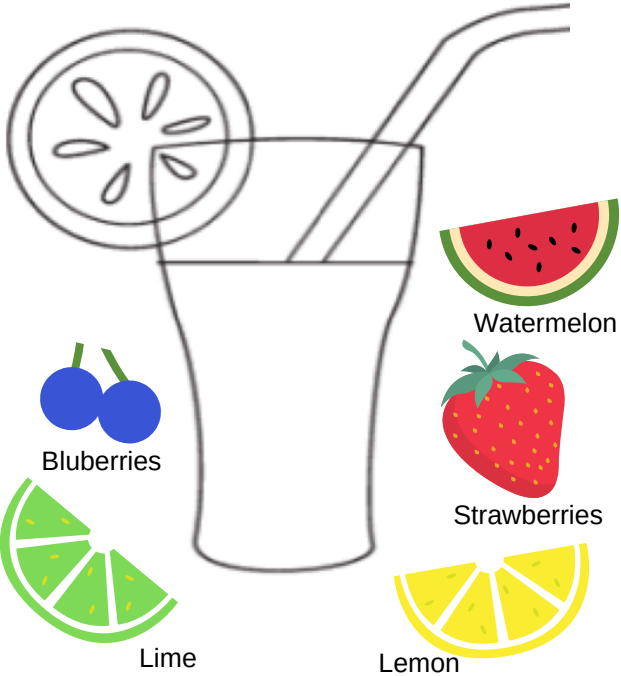



Drink water before, during, and after being physically active

#### Key Points:

- Water is important for our bodies because it can help us not get sick, digest food in our stomachs, and concentrate better in school
- If we do not drink enough water, we get headaches, stomachaches, feel tired, or feel dizzy
- Drink water before, during, and after physical activity
- Try "infused" water with fruits or vegetables like cucumber, lemon, or strawberries
- Everyone should drink 5-7 glasses or 3-4 water bottles of water each day

### Healthy LifeStars Drink Water!

Track how many bottles of water you drink every day this week by coloring in each bottle as you drink. Try to drink at least 3 bottles every day!

Monday		<p>Mix it up! Flavor your water with different fruits by drawing them inside the glass of water.</p>  <p>Watermelon</p> <p>Strawberries</p> <p>Lime</p> <p>Lemon</p> <p>Blueberries</p>
Tuesday		
Wednesday		
Thursday		
Friday	