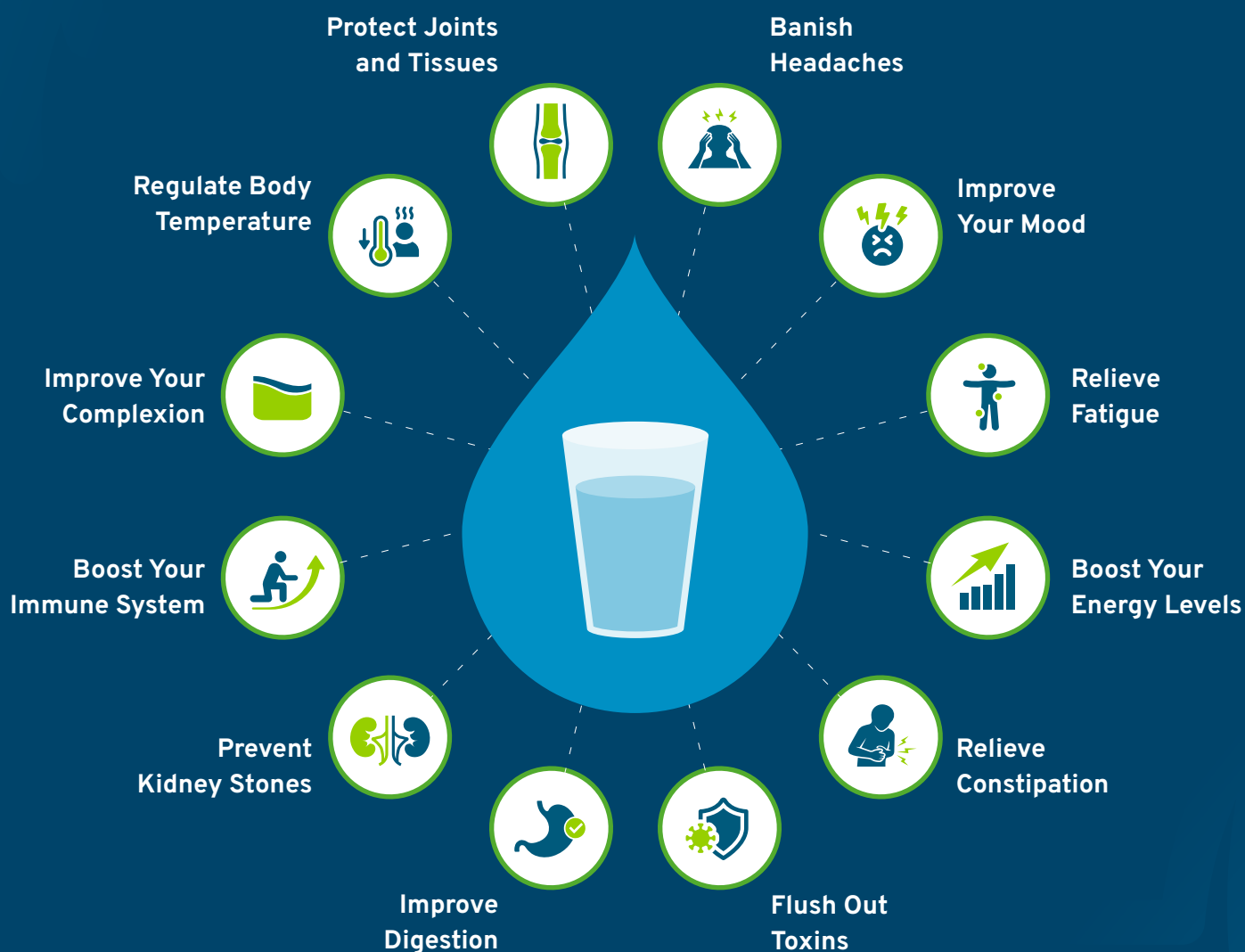


WATER!

Are you drinking enough?

Did you know, drinking enough water can:



How much should you be drinking?

Men need about 10 cups* of fluid every day,
women need about 8 cups and
kids need 4-8 cups
depending on their age and sex
(*In Australia, 1 cup is equivalent to 250ml)

Am I drinking enough water?

Use this urine colour chart to check
how hydrated you are

Urine colour chart | [healthdirect](https://www.healthdirect.gov.au/urine-colour-chart)

Sources:

healthdirect.gov.au (Drinking water and your health | healthdirect)
healthline.com (16 Reasons Why Water Is Important to Human Health)