

# Have you had enough water to drink? Check your wee to see!



Well done, you're drinking enough water! .....



Good work, have a sip of water .....



Have a drink of water .....



Water is vital to your health,  
**70%**  
of our body is made of the stuff!



Have a big drink of water .....



You haven't had enough water today.  
Have a big drink of water now and .....  
more over the next hour



**Please Note:** This information is provided for education and information purposes only. It is not a substitute for professional medical advice and is not to be relied upon as constituting advice.

For more facts about how you can stay healthy and hydrated visit our website [www.egwater.vic.gov.au/choose-tap/](http://www.egwater.vic.gov.au/choose-tap/)



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SMART  
CHOOSE  
TAP®**