



DRINK MORE WATER

THE PERFECT WAY TO INCREASE THE WATER YOU DRINK

<i>Wake Up</i>	1 Litre
<i>Breakfast</i>	500 ml
<i>Mid Morning</i>	750 ml
<i>Lunch</i>	500 ml
<i>Mid Afternoon</i>	750 ml
<i>Dinner</i>	250 ml