Are you a super water drinker?

Color the Hydro Hero™ and then each water droplet in the chart to track your daily water intake. Try to drink the recommended amount of water for your age each day!

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years