

Have you had enough water to drink?

Check your pee to see



Well done, you're drinking enough water!



Good work, have a sip of water



Have a drink of water



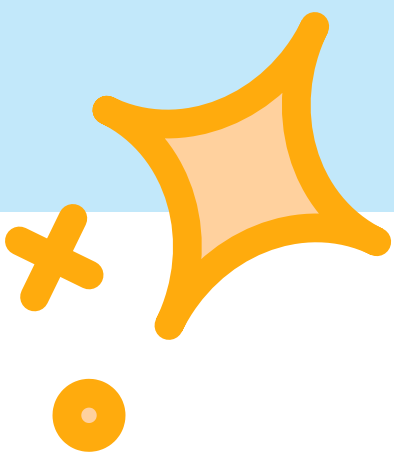
Have a big drink of water



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



More than
70%
of your body is
made of water.
Water is vital for
your health.



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.



**Gippsland
Water**