

## Beverage-Check

Drink enough water – it guarantees mental and physical wellness!

### Optimize your daily water intake:

1. Drink **at least 1.5-2.0 liters** during days – your best choice is mineral water, tab water, juice + water-mixtures, herbal and fruit teas.
2. Enjoy moderate amounts of coffee, black tea or soft drinks; hardly any alcoholic beverages.
3. When being physically active (i.e. sports, working out etc.) you need at least an extra 0.5 liter of beverages per hour to balance water losses.

### Personal **BEVERAGE-CHECK:**

How much and what did you drink today? Please make a checkmark for every glass or cup you drink and add all the beverages in the last column to the right. Please list your beverage intake in liters in the column „Daily beverage intake“.

Beverages	Break-fast	Snack	Lunch	Snack	Dinner	Snack	Extra	Total amount
1 cup (150 ml) of <b>coffee, black tea</b>								
1 cup (150 ml) of <b>herbal-/ fruit tea</b>								
1 glass (200 ml) of <b>mineral-/tab water</b>								
1 glass (200 ml) of <b>pure juice</b>								
1 glass (200 ml) of <b>juice + water-mixture</b>								
1 glass (200 ml) of <b>soft drink (w sugar)</b>								
1 glass (200 ml) of <b>diet soft drink</b>								
1 glass (200 ml) of <b>sports drink</b>								
1 bottle (330 ml) of <b>beer</b>								
1 glass (200 ml) of <b>wine</b>								

Daily beverage intake	coffee, black tea	amount liter	beer, wine	amount liter	mineral or tab water, juice + water-mixture, sports drink, herbal or fruit tea	amount liter
Daily sports and exercise (time from... until...)						