



## My Bottle Counts

### OBJECTIVE

Understand how **hydration throughout the day** influences **energy**, **concentration** and **well-being**, developing a simple and sustainable habit.

### YOUR MISSION

For **3 days**, always use the **same reusable bottle** and track your water consumption throughout the day.

#### Step 1 – Prepare the bottle

With a pen, mark **4 levels** on your bottle:

- ☐ Morning
- ☐ Midday
- ☐ Afternoon
- ☐ End of the day

#### Step 2 - Track the day

Throughout the day, try to **reach the level corresponding to the time**:

- In the morning → morning level
- at lunch → midday level
- mid-afternoon → afternoon level
- at the end of the day → empty bottle



### Step 3 - Register the experience

At the end of each day, he points out:

| Day   | Have you reached the final level?                        | How did you feel? |
|-------|----------------------------------------------------------|-------------------|
| Day 1 | <input type="checkbox"/> Yes <input type="checkbox"/> No |                   |
| Day 2 | <input type="checkbox"/> Yes <input type="checkbox"/> No |                   |
| Day 3 | <input type="checkbox"/> Yes <input type="checkbox"/> No |                   |

### FINAL REFLECTION

After 3 days, answer:

- Have you drunk more water than usual? ☐ Yes ☐ No
- Have you noticed any difference in concentration or energy?

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- What was the easiest thing about this challenge?

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- What was more difficult?

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### FOODWISELAB TIP

Drinking water on a regular basis helps the body stay focused, regulate digestion, and manage energy better — and using a reusable bottle is a planet-friendly choice.