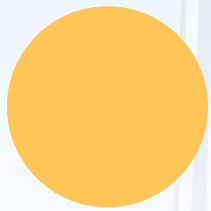
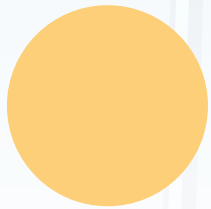


ARE YOU DRINKING ENOUGH WATER?



VERY DEHYDRATED

Drink a large bottle of water straight away



DEHYDRATED

Drink 2 to 3 glasses of water now



SOMEWHAT DEHYDRATED

Drink a large glass of water now



HYDRATED

You are drinking enough water –
keep drinking water at the same rate