

# Bring Healthy Habits Home

Encourage drinking water in your home by trying out one of these apps or ideas!



## Aqualert

This colorful app calculates your daily water requirements and sends notifications to keep you on track. Look at your kid's water habits with easy-to-read charts and graphs!



## Plant Nanny

Choose a plant, pick a pot and watch your child and plant grow by recording your child's water intake through this app. Get reminders to drink water to give the plant water too!



## My Water Balance

Customize by where you live, how active you are, and other health details that influence water intake requirements. Earn awards by drinking water!



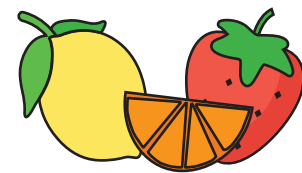
## Waterlogged

This app uses a water bottle to help see daily water intake and encourages them to fill the bottle! Check out the charts and graphs to track your habits!



## Water Log Tracker

Use a water log to track how many glasses your child drinks each day. Fill out your own and make it a friendly competition among your family to who's most hydrated.



## Fruit Infusion

Make water exciting by infusing your child's water with their favorite fruit! There are tons of recipes online to create fun, colorful, and flavor-filled water.