

Additional File 2: Spouts and Straws game

# SPOUTS & STRAWS

**THIRSTY? CHOOSE WATER!**  
CHOOSEWATER.COM.AU

HYDRATED DEHYDRATED? DRINK MORE WATER

**WHAT COLOUR IS YOUR PEE?** (Gross, we know, but helpful)

1 2 3 4 5 6

**10** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 90 mins

**8** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 60 mins

**16** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 120 mins

**0** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 0 mins

**16** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 120 mins

**10** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 90 mins

**8** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 60 mins

**0** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 0 mins

**16** teaspoons of sugar  
to burn off the sugar in your drink  
Walk for 120 mins