

How much water was in that refill?

Calculate a full and a half bottle, read a partial bottle and build a logging reminder around its real size.

01 Turn bottle refills into millilitres

You finish one 600 mL bottle and then half of another bottle of the same size. How many millilitres should the log show?

Answer in mL

02 Read the marks on a partly finished bottle

A 1-litre bottle starts full. The scale reads 350 mL remaining. How much water has left the bottle?

Answer in mL

03 Build a reminder around the bottle you own

Choose one bottle size and a point in the day when you naturally put it down. Write a reminder that would make logging easy.

Write a reminder cue

Worked answers
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