

Use your cooler timer to take part in our time challenges and see how well you can do!

Ultimate time challenge! Get a friend or parent to time how quickly you can take your cooler. Keep track of your times on the cooler chart and see how it improves. Monday **Tuesday Wednesday Thursday Saturday** Friday Sunday Minutes Seconds Seconds Minutes Minutes Seconds Minutes Seconds Minutes Seconds Minutes Seconds Minutes Seconds My best time this week: My record time: Shake Time it! **Beat the timer!** Set yourself a time limit for drinking your cooler, e.g. 1 minute. Record how many 45 seconds are left when you've finished it. See how quickly you can improve. 30 35 30 25 **Down in one!** Set the clock: Shake your cooler, drink and go! It only takes some people a few seconds... time yourself and see how you get on. My best time: **Minutes** Seconds left Seconds left Seconds left PKU cooler™ is a food for special medical purposes for the dietary management of Phenylketonuria (PKU) from 3 years of age. PKU cooler must be used under medical supervision. Minutes Seconds Vitaflo International, Suite 1.11, South Harrington Building, 182 Sefton Street, Brunswick Business Park, Liverpool L3 4BQ www.vitafriendspku.co.uk Innovation in Nutrition