





should be manage to give the possibility of effect for intervention.

TABLE II  
WATER INTAKE ON PRE AND POST INTERVENTION

Nutrient	WI		
	Intake Pre-Intervention	Intake Post-Intervention	Paired t-test p < 0.05
Energy (Cal)	16±16.21	28±21.00	0.296
Protein (gram)	0.42±0.54	0.53 ±1.06	0.783
Fat (gram)	5.34±10.99	2.30±3.49	0.468
Carbohydrate (gram)	47.31±92.53	11.93±17.32	0.291

#### IV. CONCLUSIONS

According to the result, it will be suggest that the possibility of intervention WI (plain water) has a chance to become one of program to changes body mass index and body weight on student overweight will be beneficial only if water intake out of intervention does not occur.

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