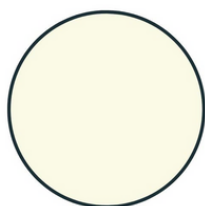


HYDRATION TRACKER

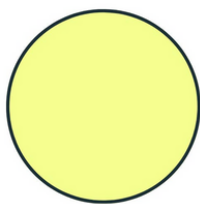
Track your pre-practice hydration levels for the next 4 days.

DAY ONE

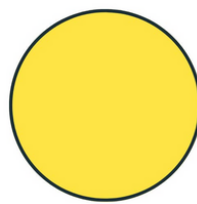
What color was your urine before practice today?



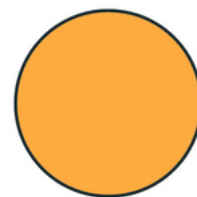
Transparent
Drink less water



Lemonade
You're on track



Yellow
Drink 1-2 cups of
water before practice



Honey
Drink 1-2 cups of
electrolyte fluids

How much did you drink today?

What did you drink today?

How did you feel physically today?

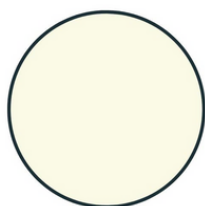
What can you do differently tomorrow?

HYDRATION TRACKER

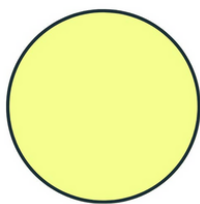
Track your pre-practice hydration levels.

DAY TWO

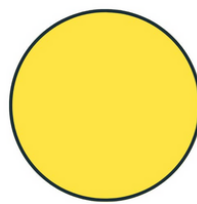
What color was your urine before practice today?



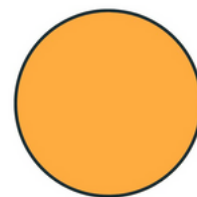
Transparent
Drink less water



Lemonade
You're on track



Yellow
Drink 1-2 cups of
water before practice



Honey
Drink 1-2 cups of
electrolyte fluids

How much did you drink today?

What did you drink today?

How did you feel physically today?

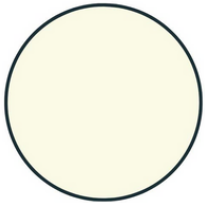
What can you do differently tomorrow?

HYDRATION TRACKER

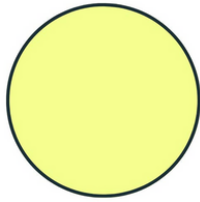
Track your pre-practice hydration levels.

DAY THREE

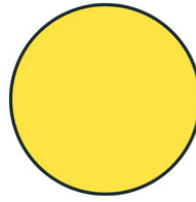
What color was your urine before practice today?



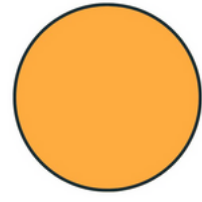
Transparent
Drink less water



Lemonade
You're on track



Yellow
Drink 1-2 cups of
water before practice



Honey
Drink 1-2 cups of
electrolyte fluids

How much did you drink today?

What did you drink today?

How did you feel physically today?

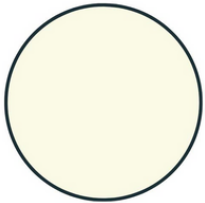
What can you do differently tomorrow?

HYDRATION TRACKER

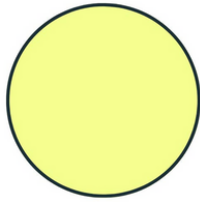
Track your pre-practice hydration levels.

DAY FOUR

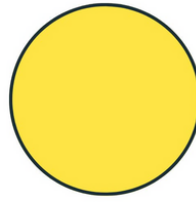
What color was your urine before practice today?



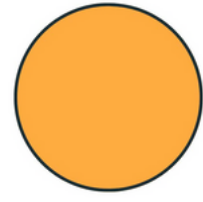
Transparent
Drink less water



Lemonade
You're on track



Yellow
Drink 1-2 cups of
water before practice



Honey
Drink 1-2 cups of
electrolyte fluids

How much did you drink today?

What did you drink today?

How did you feel physically today?

What can you do differently tomorrow?