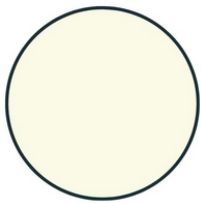


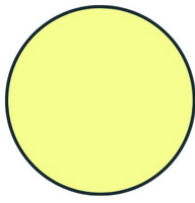
Hydration Tracker

For the most accurate results, track your first pee of the day.

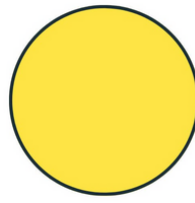
What color was your urine before practice today?



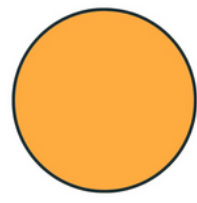
Transparent
Drink less water



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

Calculate Your Athlete's Basic Hydration Needs

$$\frac{\text{Weight in pounds}}{2} = \text{minimum daily hydration requirement (in fl oz)}$$

Calculate Your Athlete's Additional Hydration Needs

$$\text{Training hours} \times 34 = \text{minimum additional hydration requirement (in fl oz)}$$



Remember to adjust these amounts according to your unique needs.

Use the hydration tracker to guide your decision to increase or decrease your intake.