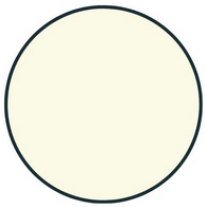


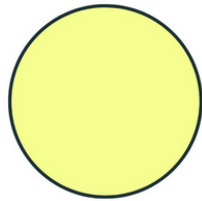
HYDRATION TRACKER

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

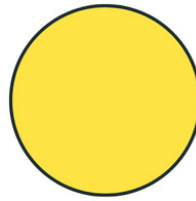
What color was your urine before practice today?



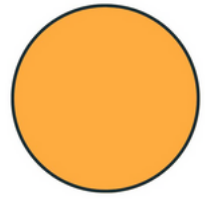
Transparent
Drink less water



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

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

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 Basic Hydration Needs

$$\text{Training hours} \times 3$$

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.
