

ATHLETE

WEIGHT & HYDRATION CHART

Date	1			2			3			4			5			6			7			8			9			10									
Practice Time																																					
Humidity Level/Temperature																																					
Athlete's Name	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	Before	After	Difference	
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HYDRATION MATTERS

PROPER HYDRATION MAY HELP LESSEN:

- Heat exhaustion/heat stroke
- Mental/Physical fatigue – which can lead to poor performance
- Muscle cramping

STAYING HYDRATED = DRINKING THE RIGHT FLUIDS

Sports drinks, like Gatorade® Thirst Quencher, have electrolytes and carbohydrates that aren't in plain water.

- Drinking fluids helps hydrate and keep your body cool
- Replacing electrolytes you lose in sweat helps with muscle contraction
- Replenishing carbohydrates fuels your muscles

HOW CAN YOU TELL IF YOU'RE PROPERLY HYDRATED?

Watch your urine. The easiest way to determine if you're properly hydrated is by assessing its color. Check it against the scale below.

If you've gained weight during a practice or game, you're likely drinking too much. Being overhydrated can be just as harmful as being dehydrated.



NICE WORK
YOU'RE WELL HYDRATED.
Remember to stay hydrated with plenty of fluids.



NO GOOD
YOU NEED MORE FLUIDS.
Rehydrate with fluids like Gatorade® Thirst Quencher.

COMMON SIGNS OF DEHYDRATION

If you experience any of these sensations during activity, talk to your coach or athletic trainer immediately.

- Feeling Lightheaded
- Nausea
- Weakness
- Muscle Cramping
- Fatigue
- Extreme Thirst