

# HYDRATION HABIT

## GOALS: CREATE A HABIT OF DAILY FLUID INTAKE TO MAINTAIN HYDRATION.



MY BASELINE NEEDS ARE: \_\_\_\_\_

(18+: 1/2 your body weight in ounces, 14-18yo: 10 cups for females, 14 for males)



MY IDEAS ON FITTING MORE FLUIDS IN:

(Circle ideas that sound good to you)

set a reminder

use school break periods or water fountains

add more to meals

try different temperatures

try adding flavor: drink drops, juice

try different bottles (think size, straw, lid etc.)

start small: pick one area to bump up fluids in such as breakfast or activity

make your goal very small and pair with an existing habit:

"After I brush my teeth I will drink 4 ounces of water"

After I \_\_\_\_\_ I will \_\_\_\_\_.

Other: \_\_\_\_\_

MY HYDRATION SCHEDULE IDEAS:

IN THE MORNING I CAN: \_\_\_\_\_

\_\_\_\_\_

FOR THE AFTERNOON I WILL: \_\_\_\_\_

\_\_\_\_\_

MY ACTIVITY FUELING NEEDS INCLUDE: \_\_\_\_\_

\_\_\_\_\_

FOR MEALS OR IN BETWEEN MEALS I CAN: \_\_\_\_\_

\_\_\_\_\_

Try it out! Pick one of the ideas you brainstormed and one area of the day you want to work on or add more to. When you complete your first habit, head back to this page to pick a new one out!

**REMEMBER** TO EXPERIMENT PRIOR TO COMPETITION BY EXPERIMENTING DURING A SIMILAR-INTENSITY PRACTICE. EVERY ATHLETE'S NEEDS AND TOLERANCES ARE DIFFERENT!

**EXAMPLE:** 16-year-old athlete, needs 14 cups per day for GENERAL hydration needs, has practice, conditioning or a game every week day from 3-5pm

# HYDRATION SCHEDULE

TIME OF DAY	FLUID INTAKE GOAL
7:00am	Breakfast: 16 ounces (2 cups) of milk
9:00am	Water fountain break between classes: 4 ounces (1/2 cup)
11:30am	Water fountain break between classes: 4 ounces (1/2 cup)
12:00pm	Lunch: 16 ounces (2 cups) of water
1:00pm	Pre-workout 16 ounces of water (2 cups)
2:30pm	Pre-workout top-off 8 ounces of water (1 cup)
3-5:00pm	Practice, fluid needs TBD
5:00pm	Post-workout fluid needs TBD, at least 16 ounces (2 cups)
6:00pm	Dinner: 16 ounces (2 cups) milk, 8 ounces (1 cup) of water
9:00pm	Bedtime snack: smoothie 16 ounces (2 cups)
Note: 1 gulp from water fountain is about 1 ounce.	

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