

# HYDRATION TRACKING LOG

## ATHLETIC PERFORMANCE

Athlete: \_\_\_\_\_  
Week Of: \_\_\_\_\_  
Target Daily Oz: \_\_\_\_\_  
Body Weight (Pre-Week): \_\_\_\_\_

| DAY       | ACTIVITY /<br>INTENSITY | PRE-WORKOUT<br>(OZ) | DURING<br>(OZ) | POST-WORKOUT<br>(OZ) | DAILY<br>GOAL |
|-----------|-------------------------|---------------------|----------------|----------------------|---------------|
| Monday    | HIGH                    |                     |                |                      |               |
| Tuesday   | MED                     |                     |                |                      |               |
| Wednesday | HIGH                    |                     |                |                      |               |
| Thursday  | LOW                     |                     |                |                      |               |
| Friday    | HIGH                    |                     |                |                      |               |
| Saturday  | MED                     |                     |                |                      |               |
| Sunday    | REST                    |                     |                |                      |               |

## RECOVERY NOTES

Note: Standard recommendation is 16-24 oz of fluid for every pound of body weight lost during exercise.