



# Performance Nutrition Pathway Program

## MY HYDRATION SCORE CARD

Take a moment to answer the following 10 questions;

| Question  | Response  |
|---|---|
| Do you consume fluid with every meal and snack?                               | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you take a drink bottle to all training sessions?                          | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you take a drink bottle to school every day?                               | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you drink during training sessions?  | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you increase your fluid intake on hot and humid days?                      | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you drink more leading up to a competition day?                            | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you drink sports drink during games?                                       | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you check the colour of your urine to assess hydration?                    | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you add electrolytes to your water if you are a heavy sweater?             | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |
| Do you actually drink your water during games (ie not just splash and spit? ) | Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No <input type="checkbox"/> |

| SCORING     | Yes = 2 Sometimes = 1 No = 0   | FINAL SCORE |
|-------------|--|-------------|
| Score 18-22 | You have a fantastic hydration routine – keep up the good work!                      |             |
| Score 13-17 | You could improve your hydration routine – what are some areas you could improve on? |             |
| Score 0-12  | You need to focus more on hydration – follow the above actions to see progress.      |             |

List any hydration practices you can improve upon? How will you do this?

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