

GATORADE HYDRATION CHALLENGE

HOW IT WORKS

THE CHALLENGE:

See the impact of hydration on and off the field by following your personal hydration plan for as long as possible.

PROPER HYDRATION CAN HELP YOU:

- ▶ MAINTAIN OPTIMAL PERFORMANCE
- ▶ MAINTAIN MUSCLE STRENGTH
- ▶ STAY MENTALLY SHARP

1 CALCULATE & HYDRATE

Prior to activity: Use the formula to calculate your baseline fluid consumption four hours and two hours before any activity.

During & post activity: Replace what's lost in sweat by consuming fluids like Gatorade Thirst Quencher to help replenish your electrolytes.

Tip: It's important to stay hydrated all day with fluids such as water.

4 HOURS PRIOR

WEIGHT:

LBS.

x 0.10 =

OZ.

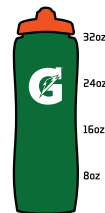
2 HOURS PRIOR

WEIGHT:

LBS.

x 0.07 =

OZ.



2 MONITOR

Check your hydration level two hours prior to activity. If your urine is pale yellow, that's a sign of proper hydration. If it's dark, you need more fluids.

HYDRATED



LIGHT LIKE LEMONADE

DEHYDRATED



DARK LIKE APPLE JUICE

3 EARN YOUR BOLT & TRACK YOUR STREAK

For every day that you follow your personal hydration plan, you'll earn a BOLT on your Challenge Scorecard. Will your streak be the one to beat?

GATORADE HYDRATION CHALLENGE SCORECARD

NAME

START DATE

For every day that you follow your personal hydration plan, you'll earn a BOLT on your **Challenge Scorecard**. Will your streak be the one to beat?

PERSONAL HYDRATION PLAN

4 HOURS PRIOR

2 HOURS PRIOR

WEIGHT:

LBS.

x 0.10 =

OZ.

WEIGHT:

LBS.

x 0.07 =

OZ.



WEEK 1



WEEK 2



WEEK 3



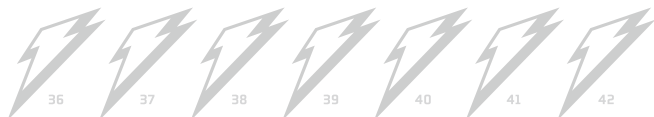
WEEK 4



WEEK 5



WEEK 6



WEEK 7



WEEK 8

