

HOW MUCH WATER SHOULD I DRINK?

WINNING GAME PLAN

- 16oz of fluid drink in the morning after waking up
- 16oz of fluid with every meal
- 16oz of a sports drink one hour before practice
- 20-40oz of fluid (sports drink/water) per hour of practice
- 24oz of fluid for every pound of body weight lost during practice

NO SODA!

SODA DEHYDRATES YOU!!