



GAIN

SYSTEM

PERSONAL

HYDRATION PLAN

NEXT LEVEL
—ATHLETES—

THREE STEPS

1. PREHYDRATE (BASE OZ)
2. FLUIDS, ELECTROLYTES & FUEL DURING
3. REHYDRATE AFTER

NEXT LEVEL
—ATHLETES—

GET STARTED

ANSWER THESE TO GET STARTED

WHAT LEVEL OF SWEATER ARE YOU?

1

- DON'T SWEAT MUCH EVEN ON INTENSE WORKOUTS
- WHEN I DO SWEAT, IT DOESN'T TASTE SALTY
- NO MARKS ON MY CLOTHING ONCE IT DRIES

2

- SWEAT A DECENT AMOUNT
- KINDA TASTES SALTY, BUT NOT TOO BAD
- NO MARKS ON CLOTHING WHEN IT DRIES

3

- SWEAT QUITE A BIT
- SWEAT TASTES SALTY
- LEAVES WHITE MARKS ON MY CLOTHING ONCE IT DRIES

4

- SWEATING BUCKETS ALL THE TIME
- SWEAT TASTES SALTY
- LEAVES WHITE MARKS ON MY CLOTHING ONCE IT DRIES

CHECK WHICH ONE YOU ARE:

- LEVEL 1 SWEATER LEVEL 3 SWEATER
- LEVEL 2 SWEATER LEVEL 4 SWEATER

STEP 1

PREHYDRATE

NEXT LEVEL
—ATHLETES—

1. PREHYDRATE

(DAILY BASELINE, BEFORE TRAINING)

PREHYDRATE!! DAILY BASELINE

1. FIND YOUR WEIGHT IN THE TABLE BELOW (DARK BLUE, ROUND TO THE NEAREST NUMBER)
2. FIND THE LIGHT BLUE OZ BY YOUR WEIGHT
3. WRITE YOU DAILY BASE OZ NEEDED IN THE BOX BELOW

DAILY BASE OZ NEEDED:

1. PREHYDRATE

(DAILY BASE OZ, BEFORE TRAINING)

WEIGHT	DAILY BASELINE/ PREHYDRATE	WEIGHT	DAILY BASELINE/ PREHYDRATE
100 LB	50 OZ	165 LB	80- 85 OZ
105 LB	50-55 OZ	170 LB	85 OZ
110 LB	55 OZ	175 LB	85-90 OZ
115 LB	55-60 OZ	180 LB	90 OZ
120 LB	60 OZ	185 LB	90-95 OZ
125 LB	60-65 OZ	190 LB	95 OZ
130 LB	65 OZ	195 LB	95-100 OZ
135 LB	65-70 OZ	200 LB	100 OZ
140 LB	70 OZ	205 LB	100-105 OZ
145 LB	70-75 OZ	210 LB	105 OZ
150 LB	75 OZ	215 LB	105-110 OZ
155 LB	75-80 OZ	220 LB	110 OZ
160 LB	80 OZ	225 LB	110-115 OZ

1. PREHYDRATE

(DAILY BASE OZ, BEFORE TRAINING)

ADD ELECTROLYTES BEFORE WORKOUT (THIS IS “1” IN 4-2-1-0)

1. ABOUT 16 OZ OF YOUR DAILY BASELINE TOTAL (WITH ELECTROLYTES) SHOULD BE CONSUMED IN THE HOUR BEFORE PRACTICE/GAME TO START HYDRATED. THIS 16 OZ COUNTS TOWARD YOUR DAILY BASE OZ → **IT IS NOT EXTRA.**
2. FIND YOUR ELECTROLYTES ABOVE BASED OFF YOUR SWEAT LEVEL IN THE TABLES BELOW
 - A. LEVEL 1 = YELLOW
 - B. LEVEL 2 = PINK
 - C. LEVEL 3 = NEON GREEN
 - D. LEVEL 4 = NEON GREEN
3. PICK THE ELECTROLYTE YOU WILL USE
4. SIP ON IT **SLOW AND STEADY 1 HOUR BEFORE** WORKOUT/TRAINING/GAME

**ELECTROLYTE OPTION YOU WILL
USE 1 HOUR BEFORE ACTIVITY:**

1. PREHYDRATE

(DAILY BASELINE, BEFORE TRAINING)

LEVEL 1

ELECTROLYTE OPTIONS	LINK TO BUY	SODIUM CONTENT	AMOUNT
Gatorlyte Rapid Rehydration (12 oz)	SEE NOW	350 mg	12 OZ
Nuun Sport Tablet (1 tablet)	SEE NOW	300 mg	Use in 16 oz water
Skratch Labs Sport Mix (1 stick)	SEE NOW	380 mg	Use in 16 oz water
Tailwind Endurance Fuel (1 stick)	SEE NOW	310 mg	Use in 16 oz water
1/8 Tsp Table Salt in Body Armour	SEE NOW	~300 mg	Use in 16 oz Body Armour

LEVEL 2

ELECTROLYTE OPTIONS	LINK TO BUY	SODIUM CONTENT	AMOUNT
Liquid I.V. Hydration (1 Stick)	SEE NOW	500 mg	Use in 16 oz water
BodyArmor IV (Stick or Bottle)	SEE NOW	500 mg	Use in 16 oz water or drink the 20 oz bottle
Gatorlyte Electrolyte Powder (1 Stick or Bottle)	SEE NOW	~500 mg	Use in 16 oz water or drink the 20 oz bottle
Bare Performance Electrolyte (1 scoop)	SEE NOW	500 mg	Use in 16 oz water
1/4 tsp salt + Normal Body Armour	SEE NOW	~500 mg	Use in 20 oz Body Armour
(1/2 serving of Ultra Electrolytes options below)	SEE ON ULTRA ELECTROLYTES	~500 mg	Use in 16 oz water

1. PREHYDRATE

(DAILY BASELINE, BEFORE TRAINING)

LEVEL 3 & 4

ELECTROLYTE OPTIONS	LINK TO BUY	SODIUM CONTENT	AMOUNT
Redmond Relyte Electrolyte Mix	<u>SEE NOW</u>	800 MG	Use in 16 oz water
1/3 tsp salt + Normal Body Armour	<u>SEE ON LIGHT ELECTROLTES</u>	600-800 MG	Use in 16 oz water

1. PREHYDRATE

(DAILY BASELINE, BEFORE TRAINING)

SUMMARY OF PLAN:

DAILY BASELINE OZ NEEDED:

HOW MANY WATER BOTTLES TO
GET THERE?

16 OZ OF BASELINE FLUIDS +
ELECTROLYTES 1 HOUR BEFORE
ACTIVITY

STEP 2

FLUIDS
ELECTROLYTES
FUEL
(FEF)
DURING

NEXT LEVEL
—ATHLETES—

2.FEF DURING

(DURING GAMES, TRAININGS, PRACTICE)

FLUIDS, ELECTROLYTES, FUEL

FLUIDS PER HOUR

- 1.FIND YOUR WEIGHT IN THE TABLE BELOW (DARK BLUE)
- 2.FIND THE GREEN COLUMN TO GIVE YOU THE OZ YOU NEED **PER HOUR** OF ACTIVITY (THIS IS A BALLPARK AMOUNT!)
- 3.WRITE IT BELOW IN THE FIRST BOX

OZ NEEDED PER HOUR OF PHYSICAL ACTIVITY

NOTE: THE HOTTER IT IS → THE MORE YOU SWEAT → THE MORE THE MORE WATER YOU LOSE → YOU WILL NEED TO ADD TO THE GREEN NUMBER YOU FOUND! LISTEN TO YOUR BODY!!

2. FEF DURING

(DURING GAME, TRAINING, PRACTICE)

WEIGHT	OZ NEEDED PER HOUR	WEIGHT	OZ NEEDED PER HOUR
100 LB	10-15 OZ	165 LB	17-22 OZ
105 LB	10-15 OZ	170 LB	17-23 OZ
110 LB	11-15 OZ	175 LB	18-24 OZ
115 LB	11-16 OZ	180 LB	18- 24 OZ
120 LB	12-16 OZ	185 LB	19-25 OZ
125 LB	12-17 OZ	190 LB	19-26 OZ
130 LB	13-18 OZ	195 LB	20-26 OZ
135 LB	13-18 OZ	200 LB	20-27 OZ
140 LB	14-19 OZ	205 LB	21-28 OZ
145 LB	14-20 OZ	210 LB	22-30 OZ
150 LB	15-20 OZ	215 LB	22-30 OZ
155 LB	15-21 OZ	220 LB	22-30 OZ
160 LB	16-22 OZ	225 LB	23-31 OZ

2.FEF DURING

(DURING GAMES, TRAININGS, PRACTICE)

FLUIDS, **ELECTROLYTES**, FUEL

- 1.FIND YOUR ELECTROLYTE LEVEL ABOVE
- 2.WHAT IS YOUR STRATEGY FOR YOUR CURRENT PRACTICE/TRAINING SITUATION BASED OFF YOUR LEVEL?

ELECTROLYTE STRATEGY:



1. PREHYDRATE

(DAILY BASELINE, BEFORE TRAINING)

YELLOW

ELECTROLYTE OPTIONS	LINK TO BUY	SODIUM CONTENT	AMOUNT
Gatorlyte Rapid Rehydration (12 oz)	SEE NOW	350 mg	12 OZ
Nuun Sport Tablet (1 tablet)	SEE NOW	300 mg	Use in 16 oz water
Skratch Labs Sport Mix (1 stick)	SEE NOW	380 mg	Use in 16 oz water
Tailwind Endurance Fuel (1 stick)	SEE NOW	310 mg	Use in 16 oz water
1/8 Tsp Table Salt in Body Armour	SEE NOW	~300 mg	Use in 16 oz Body Armour

PINK

ELECTROLYTE OPTIONS	LINK TO BUY	SODIUM CONTENT	AMOUNT
Liquid I.V. Hydration (1 Stick)	SEE NOW	500 mg	Use in 16 oz water
BodyArmor IV (Stick or Bottle)	SEE NOW	500 mg	Use in 16 oz water or drink the 20 oz bottle
Gatorlyte Electrolyte Powder (1 Stick or Bottle)	SEE NOW	~500 mg	Use in 16 oz water or drink the 20 oz bottle
Bare Performance Electrolyte (1 scoop)	SEE NOW	500 mg	Use in 16 oz water
1/4 tsp salt + Normal Body Armour	SEE NOW	~500 mg	Use in 20 oz Body Armour
(1/2 serving of Ultra Electrolytes options below)	SEE ON ULTRA ELECTROLYTES	~500 mg	Use in 16 oz water

1. PREHYDRATE

(DAILY BASELINE, BEFORE TRAINING)

GREEN

ELECTROLYTE OPTIONS	LINK TO BUY	SODIUM CONTENT	AMOUNT
Redmond Relyte Electrolyte Mix	<u>SEE NOW</u>	800 MG	Use in 16 oz water
1/3 tsp salt + Normal Body Armour	<u>SEE ON LIGHT ELECTROLTES</u>	600-800 MG	Use in 16 oz water

2.FEF DURING

(DURING GAMES, TRAININGS, PRACTICE)

ELECTROLYTES

1

- JUST WATER DURING WORKOUTS! NO NEED FOR ELECTROLYTES UNLESS IT IS 2 HOURS OR MORE, OR VERY HOT OUTSIDE THAN YOU DO YELLOW OPTOIN. IF IT IS 2+ HOUR AND HOT OUTSIDE, DO A PINK OPTION!

2

- IF IT IS <1 HOUR, JUST WATER
- IF IT IS 1-2 HOURS, YELLOW OPTION
- 2+ HOURS, PINK OPTION
- 2+ HOURS PLUS HOT OUTSIDE → GREEN OPTION

3

- <1 HOUR → YELLOW OPTION
- 1-2 HOURS → PINK OPTION
- 2+ HOUR → GREEN OPTION
- 2+ HOURS PLUS HEAT → 1 GREEN PER HOUR WITH EXTRA FLUIDS

4

- <1 HOUR → YELLOW OPTION
- 1-2 HOURS → PINK OPTION
- 2+ HOUR → GREEN OPTION
- 2+ HOURS PLUS HEAT → 1 LMNT PER HOUR WITH EXTRA FLUIDS

2.FEF DURING

(DURING GAMES, TRAININGS, PRACTICE)

FLUIDS, ELECTROLYTES, FUEL

FUEL DURING

- 1.FIND YOUR SPORT CATEGORY IN THE GUIDES BELOW
- 2.TAKE ONE OF THE PLANS AND PUT IT IN THE BOX BELOW

WHAT WILL YOU EAT DURING GAMES AND PRACTICES?



MEET, MATCH, & EVENT SPORTS

TRACK + FIELD, CROSS COUNTRY, SWIMMING,
WRESTLING, GYMNASTICS, TENNIS ETC.

MINUTES BETWEEN EACH EVENT

15

1 APPLESAUCE SQUEEZE PACKET

30

1 BANANA

45

1 APPLESAUCE SQUEEZE PACKET + 1 BANANA

60

PB + HONEY SANDWICH + 4 DRIED MANGO SLICES

90

PB + HONEY SANDWICH + 4 DRIED MANGO SLICES +
CHOMPS BEEF STICK

2+

DEPENDS ON INTENSITY OF EVENT AND WEIGHT - OPT
FOR YOUR "EASY BOX" LUNCH *** RED & YELLOW, TAKE
OUT G2G BAR - DON'T OVERSTUFF YOURSELF.

OPTION A

15

1 TBS HONEY

30

FRUIT SNACKS + 12 GRAPES

45

½ CUP PRETZELS + 20 GRAPES

60

1 BAGEL WITH 1 TBS HONEY

90

1 CLIF BAR + 1 CUP GRAPES + 1 BEEF STICK

2+

DEPENDS ON INTENSITY OF EVENT AND WEIGHT - OPT
FOR YOUR "EASY BOX" LUNCH *** RED & YELLOW, TAKE
OUT G2G BAR - DON'T OVERSTUFF YOURSELF.

OPTION B

FAST-PACED TEAM SPORTS

BASKETBALL, HOCKEY, VOLLEYBALL, LACROSSE, WATER POLO, ETC.

DURING GAMES

FIRST HALF:

16 OZ BODY ARMOUR (NOT THE LITE VERSION)

HALF TIME:

½ BANANA + APPLESAUCE POUCH + LIQUID IV W/ 16 OZ WATER

SECOND HALF:

16 OZ BODY ARMOUR (NOT THE LITE VERSION)

OPTION A

FIRST HALF:

FRUIT SNACKS + APPLESAUCE POUCH

HALF TIME:

CLIF BAR MINI + LIQUID IV W/ 16 OZ WATER

SECOND HALF:

16 OZ SPORTS DRINK

OPTION B



STOP AND GO SPORTS

BASEBALL, SOFTBALL, GOLF

NORMAL GAME DAY

EVERY HOUR OF GAME: (NORMAL GAME DAY)

- 16-20 OZ FLUIDS + ½ LIQUID IV PACKET
- If sweating a lot: 1 LIQUID IV PACKET PER HOUR

PLUS ONE OF THE OPTIONS BELOW

½ BANANA

1 PACKAGE FRUIT SNACKS

1 CUP GRAPES

15 PRETZELS

TOURNAMENT DAY

EVERY HOUR OF GAME: (NORMAL GAME DAY)

- 16-20 OZ FLUIDS + ½ LIQUID IV PACKET
- If sweating a lot: 1 LIQUID IV PACKET PER HOUR

PLUS ONE OF THE OPTIONS BELOW

1 BANANA

1 PACKAGE FRUIT SNACKS + 3 DRIED MANGOES

½ CUP GRAPES + CLIF BAR MINI

15 PRETZELS + 8 OZ SPORTS DRINK

LONG DURATION CONTACT SPORTS

AMERICAN FOOTBALL, SOCCER, RUGBY

FIRST HALF:

16 OZ BODY ARMOUR + APPLESAUCE SQUEEZE POUCH

HALF TIME:

HONEY SANDWICH ON WHITE BREAD + LMNT PACKET WITH 16 OZ WATER

SECOND HALF:

16 OZ SPORTS DRINK + ENERGY GU GEL

OPTION A

FIRST HALF:

FRUIT SNACKS + APPLESAUCE SQUEEZE POUCH

HALF TIME:

1/2 CLIF BAR + LMNT PACKET WITH 16 OZ WATER

SECOND HALF:

16 OZ SPORTS DRINK + ENERGY GU GEL

OPTION B

2. FEF DURING

SUMMARY OF PLAN:

OZ NEEDED PER HOUR OF
PHYSICAL ACTIVITY

ELECTROLYTE STRATEGY:

FUEL PLAN:

STEP 3

REHYDRATE
AFTER

NEXT LEVEL
—ATHLETES—

3. REHYDRATE AFTER

POST GAME, PRACTICE, WORKOUT, ETC.

2 OPTIONS

LEVEL 1 AND 2 SWEATERS:

- DRINK 12-20 OZ POST PRACTICE
- ADD $\frac{1}{2}$ TSP SALT TO DINNER OR 1 LIQUID IV (PINK OPTION)

LEVEL 3 AND 4

- START WITH 16-30+ OZ POST PRACTICE (LOST A LOT OF WATER DURING PRACTICE, DRINK MORE.)
- ADD $\frac{3}{4}$ TSP SALT TO DINNER OR DRINK 1 RELYTE
- TO HYDRATE LIKE D1 AND PROS → *WEIGHT HYDRATION TEST (KELSEY HAS A HOW-TO VIDEO ON THIS.)*

YOUR REHYDRATION PLAN:

FULL HYDRATION PLAN

PREHYDRATE (BEFORE)

DAILY BASELINE OZ NEEDED:

HOW MANY WATER BOTTLES TO GET THERE?

16 OZ OF BASELINE FLUIDS + ELECTROLYTES 1
HOUR BEFORE ACTIVITY

HYDRATE DURING ACTIVITY

OZ NEEDED PER HOUR OF PHYSICAL ACTIVITY

ELECTROLYTES NEEDED
PER HOUR OF INTENSE EXERCISE:

FUEL PLAN:

REHYDRATE (AFTER)

WHAT IS YOUR PLAN?

HYDRATION ROUTINE

✓ **DRINK 16 OZ OF YOUR DAILY BASE WITHIN 30 MINUTES OF WAKING.**

✓ **KEEP YOUR WATER BOTTLE GLUED TO YOU → NO EXCUSES!!**

✓ **IF YOU FORGET, SET REMINDERS UNTIL IT'S AUTOMATIC.**

✓ **SIP 16 OZ OF YOUR DAILY BASE WITH ELECTROLYTES IN THE HOUR BEFORE EXERCISE.**

✓ **HAVE YOUR ENTIRE DAILY BASE FINISHED BEFORE PM TRAINING OR GAME.**

✓ **FOLLOW YOUR “DURING” PLAN**

✓ **REHYDRATE WITH YOUR REHYDRATION PLAN BEFORE END OF DAY (EARLIER IS BETTER!)**

CONSULT DOCTOR IF:

→ CONSULT DOCTOR & MESSAGE KELSEY IF YOU HAVE:

- Dry mouth, sticky saliva, feeling very thirsty long after training
- Dark yellow or amber urine (should be pale lemonade color)
- Low or no urination for hours after practice
- Headaches
- Muscle cramps (even at rest)
- Persistent elevated heart rate (feels harder to recover)
- Feeling dizzy or lightheaded when standing up (orthostatic hypotension)
- Dry skin or skin that “tents” when pinched
- Brain fog, poor concentration
- Slower reaction time
- Unusual fatigue that doesn't resolve with food and rest
- Not regaining pre-workout weight after rehydration
- Chronic dry lips or cracked corners of the mouth
- Ongoing weight loss day-to-day
- Puffiness
- Diarrhea
- Nausea and vomiting
- Swollen hands, face or feet
- Pale and bloated
- Peeing every 15-30 minutes
- Disorientation, stumbling, poor coordination

(This means we need to do a more in depth hydration test for you!)

SHOW THIS TO YOUR PARENT SO THEY CAN WATCH FOR SIGNS!