## Assignment 1 (Part 1): Hydration Audit

/10 marks

For this assignment, track your hydration during **two consecutive days**. You must be involved in some sort of physical activity on a least **one** of the days. Record below all liquids that you consume during the day. Your log must be detailed and complete; all amounts must be recorded in **mL** (millilitres).

<b>Day 1</b> Date:		/5 marks	Day 2 Date:		/5 marks
Type/Duration of Activity(s):			Type/Duration of Activity(s):		
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Time	Type of Fluid	Amount (ml)	Time	Type of Fluid	Amount (ml)
	Total			Total	
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<sup>\*</sup>Remember to complete Part 2