

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).

[illegible]

***Remember to complete Part 2**