**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).

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| **Day 1**  /5 marks  Date:  Type/Duration of Activity(s): | | | **Day** **2** /5 marks  Date:  Type/Duration of Activity(s): | | |
| **Time** | **Type of Fluid** | **Amount (ml)** | **Time** | **Type of Fluid** | **Amount (ml)** |
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|  | **Total** |  |  | **Total** |  |

**\*Remember to complete Part 2**