**Self-Evaluation of Two Days of Recording Hydration**

/34 marks

**Student Total Mark for Assignment #1**:

*Hydration log:* / 10

*Self Evaluation:* /34

Total: /44

In Part 2 of this assignment, summarize your results, find key points from the course content, and record self-evaluations and comments.

* 1 mark for each complete box in the chart
* Provide thoughtful and relevant observations/reflections.
* Column 2- **points must be facts that you find in Section 2 of the course content**.

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| --- | --- | --- | --- |
| **Topic** | **Student 2-day summary**    /10 marks | **What does this course recommend? What are indicators of the topic?** *(Course pages in italics)*  /10 marks | **Self-evaluation and comments** (Give details of how you compare to the suggestions in the course, and provide any supporting comments.)  /10 marks |
| Total liquids ingested (in ml) | |  |  |  | | --- | --- | --- | | Type of Liquid | Day 1  (mL) | Day 2  (mL) | | Water |  |  | | Milk |  |  | | Juice |  |  | | Sports drink |  |  | |  |  |  | |  |  |  | |  |  |  | | *Hydrating the Athlete* |  |
| Did you meet your daily requirement of fluids? |  | *Hydrating the Athlete* |  |
| Did you account for your sweat rate when drinking?  Are you are a heavy sweater? Are you a salty sweater? |  | *Sweat rates* |  |
| Did you experience any signs or indicators of dehydration? |  | *Dehydration* |  |
| What did you drink **before** your activity? How much? How long before? |  | *Hydrating the Athlete* |  |
| What did you drink **during** your activity? How much? |  | *Hydrating the Athlete* |  |
| What did you drink **after** your activity? How long after, and what did you drink? |  | *Hydrating the Athlete* |  |
| Was the activity for 60 minutes? Did you drink something different than you usually would during exercise or sports? |  | *Sports Drinks* |  |
| Did you experience any muscle cramps during or after your activity? |  | *Muscle Cramps* |  |
| Did you consume caffeine during the two days? Did this have an effect on your hydration? On your energy levels? |  | *Hydrating Fluids vs Dehydrating Fluids* |  |

**Reflection Questions:**

1. Explain **one** aspect of hydration that you feel you do well. (2 marks)
2. Explain **one** aspect of hydration that you would like to improve. (2 marks)