

WHAT'S IN YOUR GLASS? (8 oz glass or 10 oz bottle)

Within 1 hour of waking- water, juice, milk, coffee /tea



At BREAKFAST- water, juice, milk, coffee tea- at least one water



LUNCH- at least 2 cups of water, juice, green tea, or milk

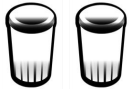


PREPRACTICE

2 cups of water or sports drink or 1 20 ounce bottle in the hour before practice



DURING WORKOUTS- water, juice, milk, sports drink (for salty sweaters) - 2-3 cups or bottles per hour



POST WORKOUTS- 2 cups water or sports drink for every pound lost during workouts



SNACK- at least 2 cups, water, flavored water, juice or milk



EVENING MEAL- water, sports drink, juice, milk



BEFORE BED- water

