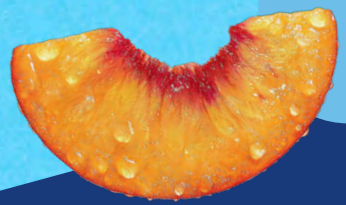
What type of hydration do I need?



	DAILY HYDRATION	ACTIVE HYDRATION	SEVERE DEHYDRATION
GOAL:	Promote fluid intake throughout the day	Replace fluid & electrolytes lost via sweat	Replace fluid & electrolytes lost via vomiting / diarrhea
OCCASION:	Resting or light activity	Surrounding physical activity	Gastrointestinal illness or very high sweat loss
ELECTROLYTES:	Sodium: LOW Not Necessary Helps encourage fluid intake	Sodium: MEDIUM Sodium: ~165-245 mg/12 oz Potassium: ~30-70 mg/12 oz	Sodium: HIGH Sodium: ~365-735 mg/12 oz Potassium: ~275 mg/12 oz
CARBOHYDRATES:	Not Necessary Helps encourage fluid intake	~14-28 g/12 oz Carbohydrate solution for energy & recovery	~4-11 g/12 oz Carbohydrate solution to facilitate water absorption



Recommendations are approximations based on guidelines from the American College of Sports Medicine and the World Health Organization.