NUTRI LEARN

Compute your score:
Add each column from the quiz.

Give yourself 2 points for **Yes** answers, 1 point for **Sometimes** answers and 0 for **No** answers.

Your Score:_____

Let's See How You Did:

18-22 points
Great job! You have an awesome hydration routine.

13-17 points
You're on the right path.
You could get more out of your hydration routine.

0-12 points
Let's put a plan together.
You need to focus more on hydration.

Source: ncbi.nlm.nih.gov/pmc/articles PMC4207053

FIND YOUR HYDRATION SCORE

It is important to make sure you are getting enough to drink every day. Hydration helps with everything from regulating our body temperature and keeping joints moving smoothly, to protecting our spinal cord and getting rid of waste from our bodies.

Being even a little dehydrated can cause negative effects on your body. Studies have shown that losing just 1 to 2% of our body weight without replacing fluids makes it hard to think straight and can impact our memory and cognitive function. A 4% fluid loss may cause headaches, irritability and sleepiness.

Hydration is essential for our bodies to perform and function each and every day. Take the quick quiz below to find your hydration score and learn ways you may be able to improve your hydration status.

HYDRATION QUICK QUIZ:

	Yes	Sometimes	No
When I wake up, I immediately drink 8 ounces of water before any other beverage.			
I drink at least half my body weight, in ounces, per day in water.			
I consume fluid with every meal and snack.			
I drink more water, milk, juice and unsweetened coffee/tea than fruit punch, soda and sweetened coffee/tea.			
I drink fluids BEFORE working out or physical activity.			
I drink fluids DURING working out or physical activity.			
I drink fluids immediately AFTER working out or physical activity.			
I have fruits and/or vegetables with most meals/snacks.			
I carry a water bottle during the day and drink from it regularly.			
I consume fluids before feeling thirsty.			
My urine is a light color.			
TOTALS			

NUTRISOURCE
live healthy. eat healthy. be healthy.

Information provided is for educational purposes only. AVI does not endorse or recommend any specific diet program. Please consult a physician prior to beginning any diet or exercise program.

Rev. 05/17/2024