STRETCHLEARN · WORKBOOK

Hydration & Energy — Workbook

This workbook accompanies the Hydration and Energy course and is designed to be completed alongside each module. Every exercise, worksheet, and checklist moves you from knowledge to a written, personalised protocol you can follow from day one. Keep this document open as you work through lessons and revisit the 30-day review column four weeks after your course start date.

The Science of Fluid Balance

Calculate your personal fluid target, establish your dehydration-signal baseline, and create your first daily hydration anchor map.

Exercise: Personal Fluid Target Calculator

Work through the four-step calculation from Lesson 1.2 using your own body weight and activity data. Write each value in the spaces below and circle your final daily drinking target.

• My body weight in kg: ___. Multiply by 33 ml = ___ ml (baseline from all sources).

• Subtract 20% for food water content: ___ ml. My baseline daily drinking target = ___ ml.

• List your regular exercise sessions for a typical week (type, duration, frequency) and calculate the total weekly fluid add-on in ml, then divide by 7 for a daily average.

• Write one sentence describing how your drinking target will change on a high-activity day versus a low-activity day.

Worksheet: 7-Day Dehydration Signal Baseline Log

For 7 consecutive days record the five dehydration signals from Lesson 1.3 each morning within 5 minutes of waking. After Day 7, note any patterns.

Day (1–7)

Urine colour (1–8 Armstrong scale)

Morning weight (kg)

Number of urine voids yesterday

Energy rating at 10 am (1–5)

Energy rating at 3 pm (1–5)

Notes / headache / dry mouth / heart rate elevation

Checklist: Module 1 Readiness Checklist

[ ] I have calculated my baseline daily drinking target and written it down
[ ] I own or have ordered the Armstrong Urine Color Chart or saved the image to my phone
[ ] I have recorded morning weight for at least 3 days to establish a hydrated baseline
[ ] I checked urine colour every morning this week
[ ] I identified my personal worst dehydration signal (the one that appears first for me)

Electrolytes Decoded

Audit your current dietary electrolyte intake, estimate your sweat sodium loss, and score the hydration products you currently use.

Exercise: Sweat Sodium Loss Estimator

Use the estimates from Lesson 2.1 to calculate your weekly exercise-related sodium loss and decide whether food sources are sufficient or supplementation is warranted.

• How many hours per week do you exercise at moderate-to-high intensity? ___ hours. Multiply by average sweat rate of 900 mg sodium per litre and your estimated sweat rate in L/hr (use 0.8 L/hr if unknown): estimated weekly sodium loss = ___ mg.

• Do you see white salt deposits on dark workout clothing after exercise? Yes / No. If yes, increase your sweat sodium estimate by 30%.

• List 3 sodium-rich foods you already eat regularly and their approximate sodium content per serving. Does the sum cover your estimated exercise sodium loss?

• Based on your answers, decide: food-only sufficient / add electrolyte drink on exercise days / daily electrolyte supplement needed. Write your decision and reasoning.

Worksheet: 3-Day Dietary Electrolyte Audit

Log every meal and snack for 3 days using a free app (Cronometer is recommended for complete electrolyte data). Transfer the daily totals to this worksheet and compare against targets.

Day (1, 2, 3)

Total sodium intake (mg)

Total potassium intake (mg)

Total magnesium intake (mg)

Sodium target (from Lesson 2.1)

Potassium target (2,600 mg women / 3,400 mg men)

Magnesium target (310–320 mg women / 400–420 mg men)

Sodium gap (target minus actual) — positive = deficit

Potassium gap

Magnesium gap

Action: food changes or supplements to close each gap

Exercise: Commercial Product Scorecard

Evaluate up to 3 hydration products you currently own or are considering. Score each on the five criteria from Lesson 2.3 and make a keep/replace/cut decision for each.

• For each product, record: product name, sodium per 500 ml serving, carbohydrate concentration (%), potassium per serving, and whether the carbohydrate source is listed (not a proprietary blend).

• Score each product 1 point per criterion met (sodium "e300 mg / carb 6–8% or zero / potassium "e50 mg / no proprietary blend / no HFCS as primary sweetener). Total out of 5.

• Based on your scores, write a keep/replace/cut decision for each product and explain in one sentence why.

Checklist: Module 2 Electrolyte Actions

[ ] I have completed a 3-day dietary electrolyte audit using Cronometer or equivalent
[ ] I have identified my largest electrolyte gap (sodium / potassium / magnesium) and selected one food or supplement change to address it
[ ] I scored every hydration product I currently use and removed any that scored below 3 out of 5
[ ] I know whether I am a high sodium sweater based on clothing residue evidence
[ ] I have selected an appropriate electrolyte strategy for exercise sessions over 60 minutes

Building a Daily Hydration Schedule

Map your five daily anchor points, write your pre/during/post exercise protocol, and design your evening hydration window to minimise overnight deficit.

Exercise: Daily Anchor Point Map

Identify the five daily anchor points from Lesson 3.1 that fit your actual schedule. Assign a fluid volume to each and confirm the total matches your daily target.

• List the five anchor moments in your day (e.g., alarm, kettle, sit at desk, lunch, mid-afternoon meeting break) and write the time each occurs.

• Assign a fluid volume in ml to each anchor so that the five amounts sum to 80% of your daily drinking target (your target × 0.8 = ___). Write the remaining 20% as your evening allocation.

• Choose one existing habit to pair with each anchor (e.g., phone alarm, kettle boiling, opening laptop). Write the pairing in one line: WHEN I do X, I drink Y ml.

• Set a single phone reminder for the mid-afternoon anchor. Write the exact time and reminder label you will use.

Worksheet: Exercise Hydration Protocol Planner

Plan the hydration for your next 3 scheduled exercise sessions before they happen, using the pre/during/post framework from Lesson 3.2.

Session date

Exercise type and duration (min)

Expected environment temperature

Pre-load volume (ml) and timing (hours before)

During-session drink type (water / electrolyte / isotonic)

During-session volume per 15 min (ml)

Estimated body weight loss during session (weigh before and after)

Post-session rehydration target (1.25 × kg lost in ml)

Post-session sodium source (food or drink)

Checklist: Daily Schedule and Sleep Hydration Checklist

[ ] I have written my five anchor points with times and paired habits in my workbook
[ ] I drink 500 ml within 30 minutes of waking every morning this week
[ ] I consume 80% of my daily fluid target before 6 pm
[ ] I limit fluid to 200 ml or less after 8 pm on non-exercise evenings
[ ] I keep 250 ml of water on my bedside table each night
[ ] I include a sodium source with my evening meal to support overnight fluid retention
[ ] I have completed the Exercise Hydration Protocol Planner for my next 3 sessions

Advanced Adjustments and Long-Term Habits

Pre-plan your disruption scenarios, apply life-stage adjustments if relevant, and set up the minimal monitoring stack that sustains your protocol long-term.

Exercise: Disruption Scenario Pre-Planning

Identify your three most common hydration-disrupting situations from Lesson 4.1 and write a concrete response plan for each before it happens.

• List your three most common disruptions (choose from: air travel, illness, high-stress work period, shift work, extreme heat, alcohol consumption, time zone change).

• For each disruption, write: the estimated additional fluid need in ml per day, the electrolyte adjustment needed, and one specific behaviour change (e.g., carry an electrolyte sachet in carry-on luggage, pre-hydrate the day before the stressful deadline).

• Which of the three disruptions is most frequent for you? Write a one-paragraph standard operating procedure you will follow every time it occurs.

Worksheet: 30-Day Hydration Progress Review

Complete the Before columns now, at course completion. Return to fill the After columns exactly 30 days from today to measure your real-world progress.

Metric

Before (at course end)

After (30 days later)

Average morning urine colour (1–8 scale)

Days per week with pale straw urine in the morning

Average mid-afternoon energy rating (1–5)

Average mid-morning focus rating (1–5)

Days per week reaching daily fluid target

Exercise performance self-rating (1–5)

Sleep quality rating (1–5)

One key change you attribute to improved hydration

Checklist: Long-Term Maintenance Checklist

[ ] I check morning urine colour every day without exception
[ ] I weigh myself on Sunday mornings to monitor my hydrated baseline weight
[ ] I complete a 3-day fluid log every 30 days to recalibrate my target
[ ] I have completed the electrolyte audit at least once per season
[ ] My 1 L water bottle is always visible on my desk or counter (not in a cupboard)
[ ] I have a single phone reminder set for 2:30 pm daily
[ ] I have pre-stocked electrolyte sachets in the drawer nearest my workstation
[ ] I have filled in the Before columns of the 30-Day Progress Review worksheet
[ ] I have a calendar reminder to complete the After columns in 30 days
[ ] I have shared my written hydration schedule with at least one accountability partner

Your Action Plan

1. Within 24 hours: calculate your personalised daily fluid target using the body-weight formula and write it on a sticky note next to your water bottle
2. Day 1: set a morning alarm label that reads 'Drink 500 ml NOW' and place a full glass on your bedside table tonight
3. Day 1–3: check and record morning urine colour every day using the Armstrong scale to establish your current baseline
4. Day 2: complete the 3-day dietary electrolyte audit using Cronometer — log every meal without editing choices
5. Day 3: score every hydration product you own on the 5-criteria scorecard and replace or remove any that score below 3 out of 5
6. Day 4: write your 5 anchor points with times and paired habits, and set the single mid-afternoon phone reminder
7. Day 5: complete the exercise hydration protocol planner for your next 3 training sessions or physical work shifts
8. Day 7: pre-plan your top 3 disruption scenarios with a written response protocol for each

9. Day 7: fill in the Before columns of the 30-day progress review worksheet and set a calendar reminder for the After review
10. Day 30: return to the progress review, complete the After columns, and identify the single biggest lever that drove the most improvement — double down on it