

Acute Training Solutions

Nutrition & Hydration - How Much is in a Drink?

In pairs or small groups work out how many of each of the drinks a male and female would need to consume to reach the recommended daily intake.

Females need 1600mls of fluid each day

Males need 2000mls of fluid each day

	Fluid volume	Female drinks per day	Male drinks per day
			
			
			
			
			
			