

# Swim Drink sessions as performed

showing swimmer number and date

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	Catch Up 1	Catch Up 2
	Jan-16	Jan-23	Jan-30	Feb-13	Feb-20	Feb-27	Mar-20	Mar-27	Apr-10	Apr-17	Apr-24	May-08	Jun-01	Jun-19
101	5	11		10	7	4	9	6	8	2	12			3
102	7	4	5		6	9	10	11	1	3	8	2	12	
103	9		6	12		7	2	1	11		5	8		
104		7	5		2	6	11	12	8	4	3	9		
105	6	1	3	9	11	5	4	2		7	10	8	12	
107		12	1	4	2		8	7	9					
108	7	3	10	6	4			5		1		11	8	
109														
210	6	9	10		1	11	5		4	2		7	12	8
212	2	6	4		12	9	10	7	11			8		1
213	12	8	11	6	9	5	4	2		1	10	3	7	
214	1		8		4	11	12			5	3	10	9	6
215	12	8							9	10	1	6		
216	5	2	3	4	9	1	7	8	6	12	11	10		
217	7		12	8		11	4	1	6	5	9	3	2	
218	9	10									1	4	12	7
219	7		6			5	8	1	2	9	10			11
220	8	10	1	9		12		4	11	6	5			2
221	2	8	3	6				11	4	5	7			12
222							9				11	8	10	12

**Yellow Cells**

Sessions numbered 1-6 are No Drinking Sessions.

**Dark Blue Cells**

Sessions numbered 7-9 are Sports drink sessions.

**Light Blue Cells**

Sessions numbered 10-12 are mineral water sessions

**Blank Cells**

Swimmer did not attend





# Pre-Session Forms

Similar forms completed at the end of each session

## Thirst

**Swim Drink Study**

Swimmer .....  
 Study Number .....  
 Date .....  
 Pre-Session .....  
 Swimmer Weight .....

Bottle One ..... Weight ..... Serial Number .....  
 Bottle Two .....  
 Swimmer Weight .....



I will not need to drink even at my next meal  
 I will have 1 glass of water at my next meal  
 I need to have a glass of water before my next meal  
 I need a glass of water right now  
 I need more than 1 glass of water right now

0 1 2 3 4 5 6 7 8 9 10

## Tiredness

**Swim Drink Study**

Please make a vertical mark on the blue scale below to show how tired you are on this page, and how thirsty you are on the other page

Pre-Session

At this moment do you have  
 Headache Yes No  
 Abdominal Pain Yes No

I have so much energy I could still do a whole day of work  
 I will not need to sleep until well after my usual bed-time  
 I plan to sleep at my usual bed-time  
 I need to sleep before my usual bed-time  
 I should really get some rest right now

0 1 2 3 4 5 6 7 8 9 10