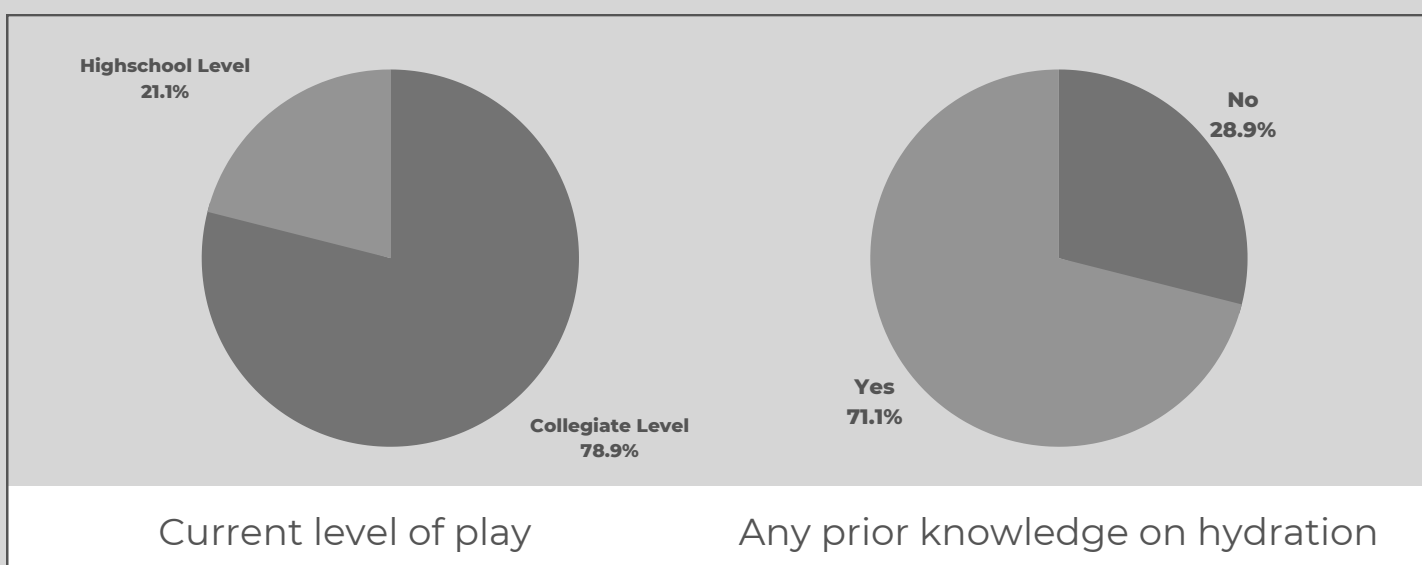


FLUID INTAKE

Survey Infographic

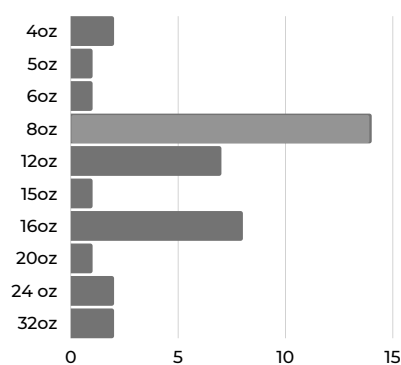
Assessing the **knowledge, behavior, & attitude** of soccer players.

Respondents Total: 38

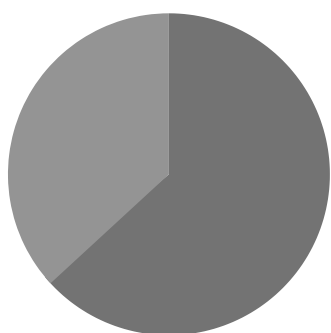


Knowledge Based Questions

How much should you drink 20-30 mins before a match?

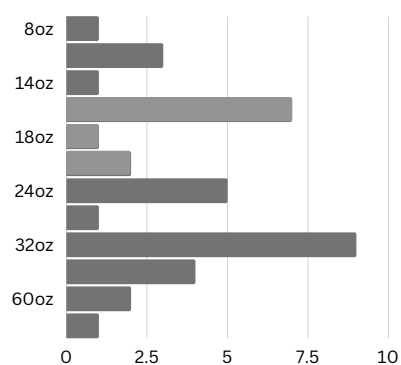


Correct: 8oz
36.8%

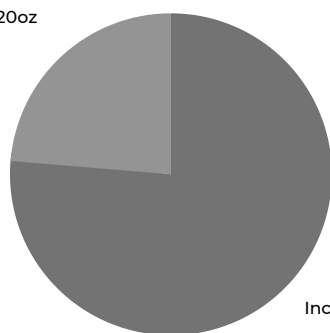


Incorrect: Other
63.2%

How much should you drink 2-3 hrs before a match?



Correct: 16-20oz
23.7%



Incorrect: Other
76.3%

What is the best indicator that you are dehydrated?

Dry Mouth

Drowsiness

Cramping

Light Headed

Muscle Soreness

Urine Color

Thirst

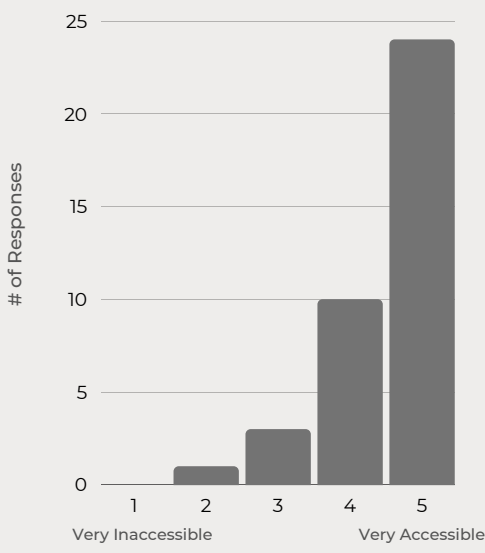
Fatigue

Headache

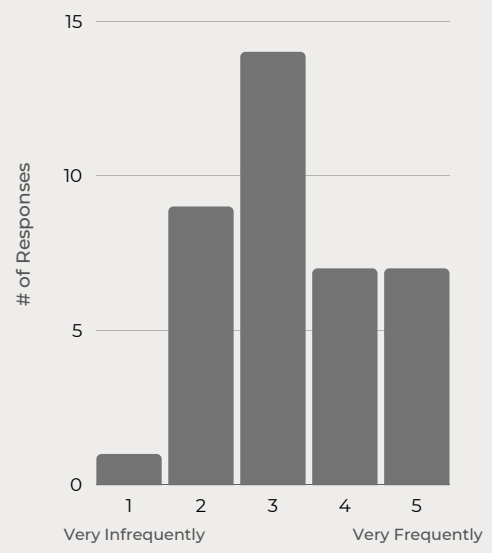
Dizziness

Behavior Based Questions

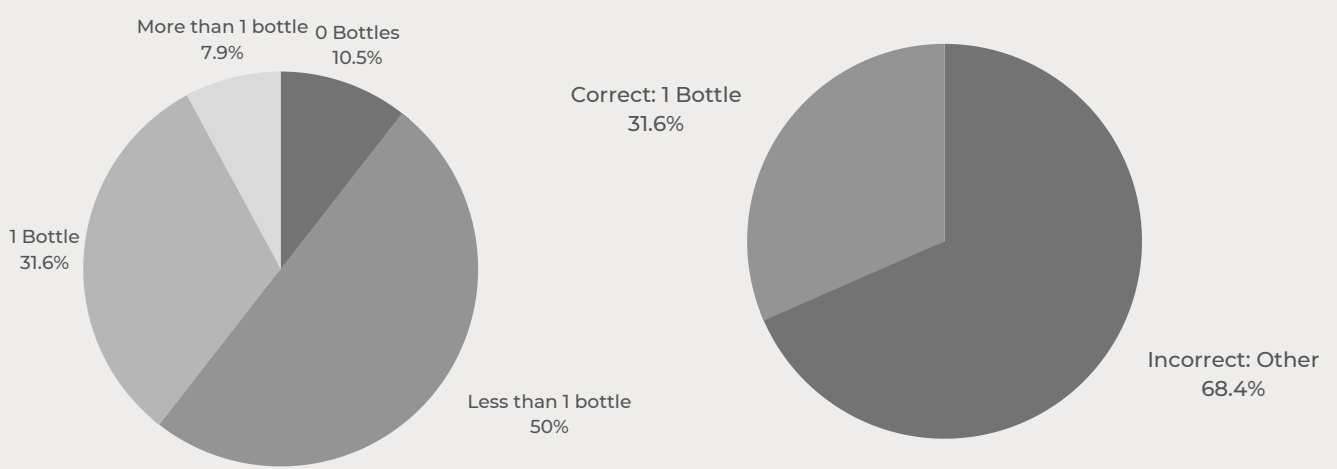
How accessible are fluids to you during warm ups?



How often do you drink fluids during warm ups?

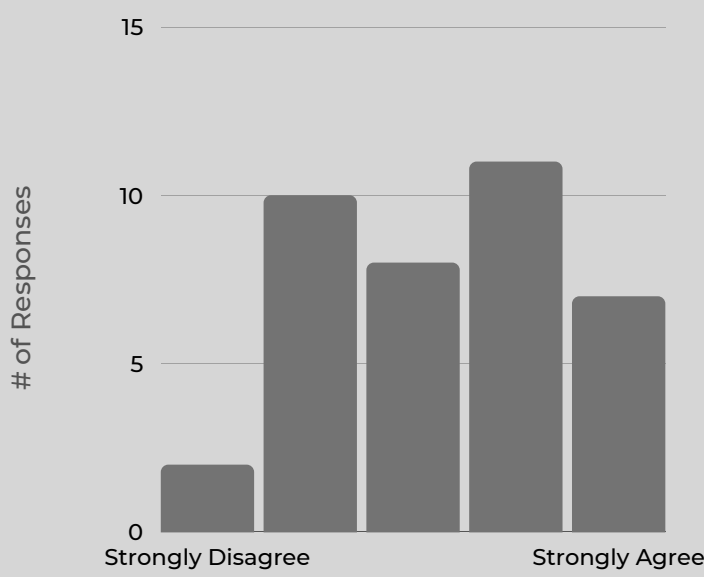


Compared to a standard 8oz water bottle, how much fluid do you drink during warm ups?



Attitude Based Questions

To what extent do you agree with the following statement:



I drink enough fluids during warm ups.

Insights

- Players with **apparent knowledge** on hydration is **disproportionate** to their **actual knowledge by about 40.8%**.
- **Accessibility to fluids**, during warm ups, is **not the immediate causation** for **68.4% of players improperly hydrating**, be it **under/over consumption**
- Players use a variety of methods to **indicate** that they're **dehydrated**, with the most common being: **Urine color, Headache, Dry Mouth.**