

Name: _____

Date: _____

Dehydration CRAMPS DEHYDRATION ELECTROLYTES EXHAUSTION FATIGUE GATORADE HEADACHE HYPONATREMIA POTASSIUM RECOVERY REFUEL SODIUM SWEAT WATER

K H F O I C M G U P B J R J H S W T S T X X V Y
T S W Q X T M X S P L F R B M E V I R V C W H C
N U C Y B F A X O C P Q E D U T T T Y O C Q R R
O B N G O X R S M P I O N D I Y S Y J H M C J A
I Q U U J V P S I M G W N F S L Y F Y H X K R M
T P W X N D Z D S Q G Y X T S O E K F P A E P P
S I C O R Y E U G I T A F C A R T O D N A Y M S
U W X E J G F G H G K M K F T T X F B N Z U E G
A B R A M J O R N R A V E Y O C H Y M D I I Z W
H G Y I E U E Y O H K B N V P E W X T D J F Q Z
X J R M S T K Z U K A Z F G X L K F O Z R N S H
E G P M A H E X Z W R I G R D E U S C E E X E A
N R O W H A F R W B A W M O H T L T E Q C M S T
Y J S P S I C V M I F A X E M H A K Y K O R D K
A A Z Y S X V U G P S J L E R M D E B L V A N A
Z C X I H P G O X N N F C P D T D P W X E N H T
Z I T J X U C G O D I A D N J A A U V S R L Z R
Y B A V L G Q W L U K K G S Q I R N S O Y T S E
X W B L O R L T D N V Z H L O F T O O V G F E F
K O W D K F R Q H E A D A C H E Z X T P R F X U
P V P O U K R X N T M K I O X A M A J A Y H I E
N M R J F A U T J L J Z C O U X K K G E G H C L
S A L Z G H Y O Z H L N O I T A R D Y H E D G U
Y A V I K R P M Q Y T H D U T O X N J R N L E V

HYPONATREMIA
EXHAUSTION
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SODIUM
WATER

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CRAMPS