NAME	

LABORATORY 4 DATA SHEET - WEEK 1

DATE		
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Body Water								
Participant ID	Body Weight (kg)	Total Body Water (kg)	Intracellular Water(kg)	Extracellular Water (kg)				

Blood Collection					
Participant ID	Osmolality (mOsM/kg)				

Also complete:

- BEVQ-15 and BEVQ-15 Scoring
- Thirst Assessment

Beverage Questionnaire (BEVQ-15)

Instructions:

For the past month, please indicate your intake for each beverage type by marking an "X" in the bubble for "how often" and "how much each time".

- 1. Indicate how often you drank the following beverages, for example, if you drank 5 glasses of water per week, mark 4-6 times per week.
- 2. Indicate the approximate amount of beverage you drank each time, for example, if you drank 1 cup of water each time, mark 1 cup under "how much each time". If applicable, indicate the specific type of beverage by marking an "X" in the bubble by the one used (i.e., type of nut milk).
- 3. When trying to estimate your intake throughout the day, (i.e., water) think about the total amount you drink. For example, 3 times per day and 20 fl oz each time = 60 fl oz per day. If you consume more 60 fl oz per day select "1 time per day" and write the TOTAL daily amount in the last column.
- 4. Do not count beverages used in cooking or other preparations, such as milk in cereal.
- 5. Count milk/creamer added to tea and coffee in the tea or coffee with creamer beverage category, NOT in the milk categories; this includes non-dairy creamer. Please indicate the type of creamer (flavored, plain or sugar-free) and sweetener used by marking an "X" in the bubble by the one used, if applicable.

applicable.	Н	ow c	FTEN	(MAF	RK ON	IE)		HOW MUCH EACH TIME (MARK ONE)					
Type of Beverage	Never or less than 1 time per week (go to next beverage)	1 time per week	2-3 times per week	4-6 times per week	1 time per day	2 times per day	3+ times per day	Less than 6 fl oz (¾ cup)	8 fl oz (1 cup)	12 fl oz (1½ cups)	16 fl oz (2 cups)	20 fl oz (2½ cups)	> 20 fl oz (specify TOTAL daily amount)
Water or unsweetened sparkling water	0	0	0	0	0	0	0	0	0	0	0	0	
100% Fruit Juice	0	0	0	0	0	0	0	0	0	0	0	0	
Sweetened Juice Beverage/Drink (fruit punch, juice cocktail, Sunny Delight, Capri Sun)	0	0	0	0	0	0	0	0	0	0	0	0	
Whole Milk: red cap, Reduced Fat Milk 2%: purple cap, or Chocolate Milk	0	0	0	0	0	0	0	0	0	0	0	0	
Low Fat 1%: green cap, Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk	0	0	0	0	0	0	0	0	0	0	0	0	
Nut Milk (almond, cashew, coconut) O Flavored, Original, or Plain O Unsweetened	0	0	0	0	0	0	0	0	0	0	0	0	
Soft Drinks, Regular	0	0	0	0	0	0	0	0	0	0	0	0	
Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade)	0	0	0	0	0	0	0	0	0	0	0	0	
Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks (Diet Coke, Crystal Light, artificially sweetened sparkling water, Sugar-Free or Total Zero Red Bull, Powerade Zero)	0	0	0	0	0	0	0	0	0	0	0	0	
Sweet Tea (with sugar)	0	0	0	0	0	0	0	0	0	0	0	0	
Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A	0	0	0	0	0	0	0	0	0	0	0	0	
Tea or Coffee (w/ milk &/or creamer) O Sugar O Artificial Sweetener O N/A Milk &/or Creamer: O Milk O Half & Half or Cream O N/A Creamer: O Flav. O Plain O Sugar-Free	0	0	0	0	0	0	0	0	0	0	0	0	
Wine (red or white)	0	0	0	0	0	0	0	0	0	0	0	0	
Hard Liquor (vodka, rum, tequila, etc.)	0	0	0	0	0	0	0	0	0	0	0	0	
Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer	0	0	0	0	0	0	0	0	0	0	0	0	
Other (list):	0	0	0	0	0	0	0	0	0	0	0	0	

1	N	Α	M	F

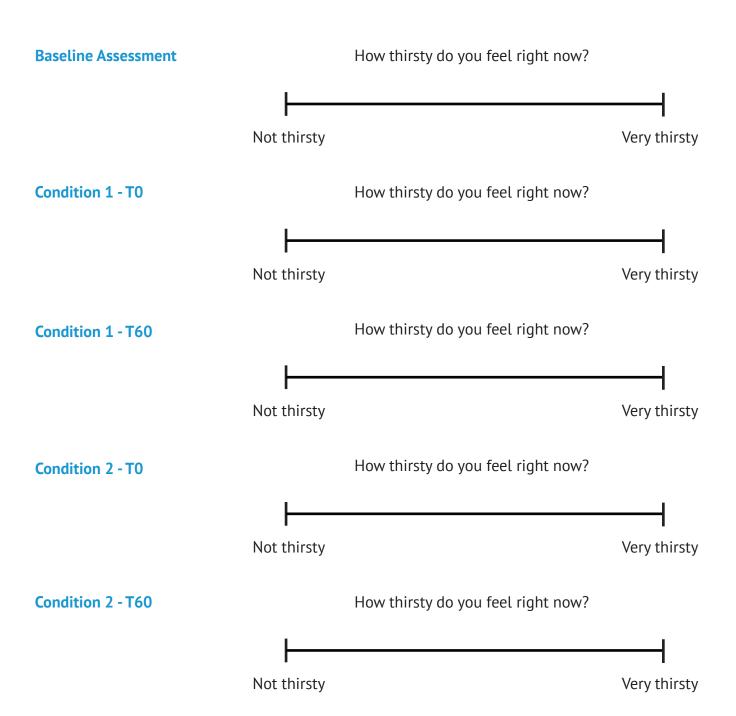
BEVQ-15 SCORING

Water or unsweetened sparkling water 100% Fruit Juice Sweetened Juice Beverage/Drink (fruit punch, juice cocktail, Sunny Delight, Capri Sun) Whole Milk: red cap, Reduced Fat Milk 2%: purple cap, or Chocolate Milk Low Fat 1%: green cap, Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Catorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O NIA O Milk O Half & Half or Cream O NIA O Milk O Half & Half or Cream O NIA Creamer, O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Type of Beverage	Average Daily Consumption (oz)
Sweetened Juice Beverage/Drink (fruit punch, Juice cocktail, Sunny Delight, Capri Sun) Whole Milk: red cap, Reduced Fat Milk 2%: purple cap, or Chocolate Milk Low Fat 1%: green cap, Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Catorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
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(fruit punch, juice cocktail, Sunny Delight, Capri Sun) Whole Milk: red cap, Reduced Fat Milk 2%: purple cap, or Chocolate Milk Low Fat 1%: green cap, Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	100% Fruit Juice	
(fruit punch, juice cocktail, Sunny Delight, Capri Sun) Whole Milk: red cap, Reduced Fat Milk 2%: purple cap, or Chocolate Milk Low Fat 1%: green cap, Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
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Reduced Fat Milk 2%: purple cap, or Chocolate Milk Low Fat 1%: green cap, Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O NI/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O NI/A Creamer: O Flavored O Reg. O Sugar-Free O NI/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
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Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	· · · · · · · · · · · · · · · · · · ·	
Fat Free/Skim Milk: light blue cap, Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Low Fat 1%: green can	
Buttermilk or Soy Milk Nut Milk (almond, cashew, coconut) O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A O Half & O Half & Half or Cream O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
O Flavored, O Unsweetened Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
Original, or Plain Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Nut Milk (almond, cashew, coconut)	
Soft Drinks, Regular Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	· · · · · · · · · · · · · · · · · · ·	
Energy & Sports Drinks, Regular (Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	•	
(Red Bull, Gatorade, Powerade) Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Soπ Drinks, Regular	
Diet or Artificially Sweetened Soft Drinks, Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
Energy & Sports Drinks Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	,	
Sweet Tea (with sugar) Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
Tea or Coffee, black (no creamer or milk) O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):		
O Sugar, O Artificial Sweetener, O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Gweet rea (wiiir sugar)	
O N/A Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Tea or Coffee, black (no creamer or milk)	
Tea or Coffee (with creamer) O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O Sugar, O Artificial Sweetener,	
O Sugar O Artificial Sweetener O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O N/A	
O N/A O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Tea or Coffee (with creamer)	
O Milk O Half & Half or Cream O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O Sugar O Artificial Sweetener	
O N/A Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O N/A	
Creamer: O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O Milk O Half & Half or Cream	
O Flavored O Reg. O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O N/A	
O Sugar-Free O N/A Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	<u>Creamer:</u>	
Wine (red or white) Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O Flavored O Reg.	
Hard Liquor (vodka, rum, tequila, etc.) Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	O Sugar-Free O N/A	
Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Wine (red or white)	
Beer, Ales, Wine Coolers, Non-alcoholic or Light Beer Other (list):	Hard Liquor (vodka, rum tequila, etc.)	
Non-alcoholic or Light Beer Other (list):		
Other (list):	·	
	Non-alcoholic or Light Beer	
Other (list):	Other (list):	
\ / 	Other (list):	
Other (list):	Other (list):	

LABORATORY 4 DATA SHEET - THIRST

Participant ID (no names)

Researcher: Instruct participants to make a mark on the line on the visual analog scale (VAS) at the given time collection. Cover past responses with a folded sheet of paper.



N	Δ	М	F

LABORATORY 4 DATA SHEET - CONDITION 1

Participant ID (no names)	
Drink:	
Exercise Mode and Intensity:	

	Blood Collection							
Time	Collection Start Time	Osmolality (mOsM/kg)	RPE	Notes				
то								
T20								
T40								
T60								

Body Water								
Time	Body Weight (kg)	Total Body Water (kg)	Intracellular Water(kg)	Extracellular Water (kg)				
то								
T60								

NΑ	MF	

LABORATORY 4 DATA SHEET - CONDITION 2

Participant ID (no names)	
Drink:	

Blood Collection				
Time	Collection Start Time	Osmolality (mOsM/kg)	RPE	Notes
то				
T20				
T40				
T60				

Body Water						
Time	Body Weight (kg)	Total Body Water (kg)	Intracellular Water(kg)	Extracellular Water (kg)		
то						
T60						

N	Δ	М	F	

LABORATORY 4 NOTES