ATHLETE JOURNAL

- ✓ Food
- ✓ Fluids
- ✓ Salt, electrolytes
- ✓ Meds
- ✓ Pain complaint
- ✓ Bathroom output

ISLAND: ☐ Kauai ☐ Oahu ☐ Molokai ☐ Maui ☐ Big Island

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