Team supply handoff

Blank worksheet - fill in your own plan

Time / point	People / hours	Amount	Containers to stage	Notes / check

Each point is rounded up to whole containers. Cases are pooled across points; separate deliveries may need more cases. Confirm access, timing and storage locally. Handoff: responsible person _____; checked at _____; next delivery _____.

Adult planning tool. Clinical fluid limits and clinician instructions override this sheet. Do not force drinking to complete a target.

Daily estimates use site assumptions, not a measured need. Team and race amounts are chosen by you; no medical dose or sodium requirement is calculated.

waterdailygoal.com/methodology | waterdailygoal.com/hydration-evidence

Personalized PDF is created in your browser. Keep the file private if it includes personal settings.