



Kansas State High School Activities Association

Hydration Assessment

School	
Location	

Check this box if you used hydration color chart only

HydraTrend™ Test Strips

Expiration
Lot # _____ **Date:** _____

(Lot numbers and expiration date are found on the side of the bottles)

Date Bottle
Opened: _____

Quality Control Solutions

Expiration
Lot # _____ **Date:** _____

Confirm Low	Expected Range	Results	Acceptable
pH	5.0 - 6.5		
Specific Gravity	1.000 - 1.010		
Confirm High	Expected Range	Results	Acceptable
pH	7.0 - 8.0		
Specific Gravity	1.015 - 1.025		

Name: _____ **Date:** _____

Individual Performing Quality Control

This form is still required to be faxed to the KSHSAA at (785) 271-0236. Please also retain a copy for your school records.