Know Your Sweat Rate For Your Personal Hydration Plan

1-Record your weight just prior to exercise - urinate prior to this weight.
2-Record your weight just after exercise – urinate prior to this weight
(Please make note if you urinate during exercise session)
3-Substract #2 from #1 for weight loss
4-Convert to ounces by multiplying by 16
5-Add the ounces of fluids you drank during exercise to wt loss ounces – this equals your total wt loss
6-Divide total wt loss by the # of hours you exercised = **Sweat Rate**

Example:
Wt prior to exercise = 160
Wt after exercise - 158
Convert to ounces = 2 lbs x 16 oz. = 32 oz wt loss
Add oz. fluid drank +12 oz
Divide by hours exercised =44oz ÷ 2 hrs= **22 oz/hr**

This example athlete's Sweat Rate is 22 oz per hour. You would then divide this number into the number of drinking opportunities during each hour. For example, if you can drink every 10 minutes each hour of exercise, you would divide the 22 oz by 6 for a drinking plan of approx. 3-4oz / 10 min. If you can only drink every 15 minutes, you would divide 22 by 4 for a drinking plan of approx. 5-6oz / 15 mins

One important reminder: Personal Hydration Plans can change as heat/humidity or intensity of exercise changes – you need to know your sweat rate for many different weather conditions/intensities. Log your sweat rates/conditions so you can easily reference the data.

Your Sweat Rate Data:

Weight prior to exercise _____
Weight after exercise (subtract) - _____
Convert to oz. _____ (lbs x 16 oz = oz wt loss)
Add oz fluid drank +_____ (total oz wt loss)
Divide by hours exercised =_____÷_____ = Sweat Rate per hour
Temperature/humidity _____
Describe training session/intensity _____

If you have lost more than 2% body weight during your Sweat Rate Test (taken during a typical exercise session), have a sweat rate higher than 32 oz/hr, or if you are a "salty sweater", it is recommended that you work with a sports dietitian.