

Calculate Your Sweat Loss:

1. Starting weight in pounds (_____) - ending weight in pounds (_____) = _____ pounds lost
2. _____ pounds lost x 16 = _____ ounces lost
3. _____ ounces lost + _____ ounces beverage consumed = _____ ounces sweat lost
4. _____ ounces lost / _____ exercise time (in hours) = _____ hourly sweat rate!

**Divide the hourly sweat rate by 6 or 4 (depending on if you prefer drinking every 10-15 minutes each hour).

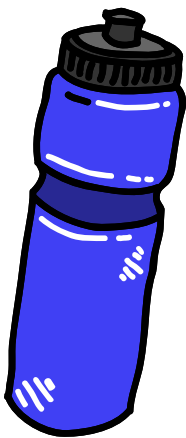
Hydration Before:

5-7 mL/kg 4 hours before training and 3-5 mL/kg 2 hours before.

OR

2-4 hours prior: 12-24 oz

10-15 min prior: 4-10 oz



Hydration During:

Your sweat rate replacement calculation

OR

2-4 oz every 15-20 minutes



Hydration After:

For each pound lost, rehydrate after the workout with 16-24 ounces of fluid.

Estimation of Total Fluid Intake/Day:

Males: ~3.7 L/day

Females: ~2.7 L/day

Needs vary per person!

Another easy calculation:

Drink 1/2 your body weight (in lbs) in water + rehydrate sweat loss.