

# SWEAT RATE WORKSHEET

Your sweat rate is the amount of fluid you lose through sweat during one hour of exercise. The amount of fluid you consume during exercise should equal your sweat rate. Keep in mind that your sweat rate will increase in hot and/or humid weather. Determine your sweat rate in different weather conditions by completing the table below.

			A	B	C	D	E	
Date	Humidity %	Temperature	Body weight before exercise (in lbs.)	Fluid consumed during exercise (in oz) *	Urine volume excreted during exercise (in oz)	Body weight after exercise (in lbs.)	Exercise time (in hours)	SWEAT RATE

\* 8 ounces (oz) = 1 cup; 1 gulp = 1 oz

Use the information from the above table to calculate sweat rate:

**Step #1:** A - D = change in body weight recorded in ounces (1 pound = 16 ounces) = \_\_\_\_\_

**Step #2:** Change in body weight + B - C = Sweat volume = \_\_\_\_\_

**Step #3:** Sweat volume divided by Exercise Time (E) recorded in hours = \_\_\_\_\_ (This is your sweat rate and the number of ounces of fluid you should consume during one hour of exercise)

This assumes 1 gram of sodium is lost per liter of sweat (1 liter = 33.81 oz). Use this information to customize sodium needs during and after exercise.