# INFINIT

# Sweat Rate Test Worksheet

*Follow these simple steps to determine your hourly sweat losses.*

**1. Empty your bladder and step on the scale.**
(do this nude or in a swimsuit for accuracy)

**2. Record your starting weight:**

Pre-exercise weight = _____ lbs.(A)

**3. Record the starting temperature and humidity:**
(for future records and comparison)

Temperature: _____ ℉

Humidity: _____ %

Dew Point: _____ ℉

**4. Do your usual workout. Hydrate like you normally would, and track your consumption.**

***Important Note:*** *Hold it! If you go to the bathroom during your workout or prior to your post-workout weigh in, the results will **not** be accurate.*

**5. Record the approximate volume of fluid consumed during your workout, as well as the total duration.**

How much you drank = _____ fluid ounces (E)
Duration of workout: _____ hours (F)

**6. Record the temperature and humidity at the end of the workout.**
 (for your records)


Temperature: _____ ℉

Humidity: _____ %

Dew Point: _____ ℉


**7. Towel dry and then record your weight.**
(nude or swimsuit)


Post-exercise weight = _____ lbs.(B)

*Note:* *If you have long and/or thick hair, blow dry your hair before weigh-in for the most accurate results.*


**8. Determine the amount of weight you lost during exercise by subtracting your post-exercise weight from your pre-exercise weight.**


Weight Lost = _____lbs.(A) - _____lbs(B) = _____lbs. (C)


**9. Determine how many fluid ounces of sweat you lost by multiplying the number of pounds you lost by 16.**


 _____lbs lost (C) x 16 = _____ fluid ounces of water you lost (D)


**10. To determine hourly fluid replacement needs, add number of fluid ounces you lost (D) to the number of fluid ounces you consumed during the workout (E) and divide by the total duration of the workout (F).**


(_____fluid ounces lost (D) + ___fluid ounces consumed (E)) ÷ ___hours (F)
=_____fluid ounces needed to replace what is lost via sweat each hour

***Note:** A factor of 1.2-1.6 can be multiplied to hourly replacement needs when heat & humidity levels are extreme (>75% humidity) .