

Estimating Sweat Rate

Steps to estimate hourly sweat rate:

1. Make sure you are adequately hydrated prior to exercise
2. Warm up 5-10 minutes, until you begin to sweat (*none of us do this... but apparently more accurate*)
3. Urinate if necessary
4. Collect nude body weight on a stable scale (0.1 kg accuracy) before & after exercise
5. Ideally, use a monitor to also collect heart rate
6. Complete the following table

Date	Temp	Humi- dity	Pre Wt	Post Wt	Wt Chg	Fluid Intake	Urine Output	Sweat Loss*	Duration	Sweat Rate/Hr	% Wt Δ (goal <2%)
8/1	60's- 70's		135.1	134.6	0.5# = 8 oz	82 oz	2 oz	8oz + 82oz - 2oz = 88 oz	3 hours	88oz/3hr = ~ 29 oz/hr	<1% Goal = <2.7# loss

*Weight Change(kg) + Fluid Intake(ml) – Urine output(ml) = Approximate Total Sweat Loss ; 1 lb = 16 oz

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