



## Sweat Rate Calculator

### Instructions:

1. Weigh yourself **before exercise** (kg).
2. Record **fluid consumed** during exercise (L).
3. Weigh yourself **after exercise** (kg).
4. Note **exercise duration** (hours).
5. Calculate sweat rate using the table below.

Pre-exercise weight (kg)	_____
Post-exercise weight (kg)	_____
Weight lost (kg)	Pre - Post
Fluids consumed (L)	_____
Total fluid loss (kg)	Weight lost + Fluids
Exercise duration (hours)	_____
Sweat rate (L/hr)	Total fluid loss ÷ Duration

**Note:** 1 kg body weight loss  $\approx$  1 L sweat loss.