

Sweat Rate Test

To accurately measure your sweat rate, you'll want to follow this procedure:

- Warm up to the point that you just begin to sweat.
- Urinate, if needed.
- Using an accurate scale, weight yourself. Weighing yourself nude is best practice.
- Work out for a specific time. A one hour workout is easiest to calculating sweat rate per hour.
- Do not urinate during the workout.
- Drink a pre-measured amount of fluids during the workout.
- Weigh yourself again. Using the same scale that you used prior to the workout, and wearing exactly the same clothing (or lack of clothing if you chose to weigh nude).
- Use the calculator sheet below to help calculate your sweat rate.



Sweat Rate Calculator

Date: Weather:
Time: Type of Activity:

Sweat rate calculations work best in metric units - kilograms and millimeters.

- A. Body weight pre-exercise kg [your weight in lbs/2.2]
- B. Body weight post-exercise kg [your weight in lbs/2.2]
- C. Change in body weight grams [kg x 1000 g]
A - B
- D. Volume of fluids consumed during exercise mL [ounces x 30 mL]
- E. Sweat loss mL [ounces x 30 mL]
C + D
- F. Amount of time exercised. [minutes or hour]
- G. Sweat rate [mL/minutes or mL/hour]
E/F

To calculate sweat rate back to ounces: $\text{mL}/30 = \text{fl oz}$