



The Keto Wellness Program

Homework Worksheet

Name: _____

Sweat Rate Test

Choose an activity to causes you to sweat (exercise or sauna treatment). Empty your bladder. Weigh yourself with minimal clothes on (naked is best) prior to the activity. Complete the activity for a set period of time (anywhere from 15 to 60 minutes). Towel dry off all the sweat/moisture post activity and weigh yourself again. The amount of weight lost is the estimated amount of fluid lost during this activity. If you consumed any water during the test, this should be calculated back in. For example:

Starting weight: 150 lbs.

Activity: 15 minute sauna treatment + consumption of 8 ounces of water

Post Activity Weight: 149.2 lbs.

How to estimate how much fluid lost:

$150 \text{ lbs} - 149.2 \text{ lbs} = .8 \text{ lbs}$ (or 12.8 ounces)

12.8 oz (the lost weight) - 8 oz (the water consumed during the activity) = 4.8 oz

How to estimate how much fluid is lost per hour:

$4.8 \text{ oz} \times 4 = 19.2 \text{ oz}$ is the amount of fluid lost per hour during that activity which means you would want to consume 1 1/2 times that amount (28.8 ounces) of water within 2-6 hours of completion.

SWEAT RATE TEST	Date:	Date:	Date:
Activity			
Starting Weight		oz	oz
Water Consumed	+		
Ending Weight	-		
Fluid Lost	=	=	=

Daily Hydration Requirement	+	+	+
	*1/2 weight in ounce of water	*1/2 weight in ounce of water	*1/2 weight in ounce of water
Est. Fluid Requirement			