Sweat Rate Test Results Log

Date	Type of Activity	Duration	Starting Conditions (temp & humidity)	Ending Conditions (temp & humidity)	Amount of fluids drank (oz/hr)	Weight lost *(End wt - start wt)*	Hourly fluid replacement needs
5/25 example	*Outdoor Run*	*1.2 Hrs*	*70 degrees, 80% humidity*	*80 degrees, 80% humidity*	*24 oz*	*0.6*	*28 oz*