

HYDRATION CALCULATOR WORKSHEET

Personalized fluid targets based on body weight, session length & conditions

ACUITY
SPORT

STEP 1: ATHLETE & SESSION INFO

Athlete Name:

Body Weight:

Sport/Activity:

Session
Duration:

YOUR RESULTS (Fill in targets below)

PRE-SESSION TARGET

EST. SWEAT RATE

DURING SESSION

PER BREAK (15 MIN)

STEP 2: CONDITIONS

Temperature / Heat Index:

- ☐ Cool <65°F ☐ Mild 65-75°F
☐ Warm 76-85°F ☐ Hot 86-95°F
☐ Extreme 95°F+

Intensity Level:

- ☐ Light / Recovery ☐ Mod. / Practice
☐ High / Comp.

☐ Acclimatized to heat?

(Non-acclimated athletes need 20-30% more fluid)

POST-SESSION

SPORTS DRINK NEEDED?

TOTAL DAILY GOAL

RISK LEVEL

TIMING REMINDER

SWEAT RATE REFERENCE (OZ/HR) Adjust $\pm 15\%$ for non-acclimated athletes or heavy sweat rate.

CONDITIONS / INTENSITY	LIGHT	MODERATE	HIGH	(ML/HR RANGE)	SPORTS DRINK
Cool <65°F	14 oz	20 oz	27 oz	400-800	Not needed
Mild 65-75°F	19 oz	27 oz	36 oz	550-1050	Optional
Warm 76-85°F	25 oz	34 oz	44 oz	750-1300	Recommended
Hot 86-95°F	32 oz	42 oz	53 oz	950-1550	Required
Extreme 95°F+	41 oz	54 oz	68 oz	1200-2000	Required + Electrolytes

Post-Session Minimum: 16-24 oz minimum + remaining sweat deficit.

Sources: ACSM AND/DC Joint Position Statement (2016); ACSM/AND Position Statement (PubMed 26891166); Sawka et al (2007); NATA Fluid Replacement Guidelines; Kenefick & Cheuvront (2012) Sports Medicine.

Page 1 of 2

QUICK REFERENCE & TEAM TRACKER

Weight-based targets, recommendations, and hydration logging

ACUITY SPORT

FLUID NEED QUICK LOOKUP Based on body weight (Assumes mod. intensity. Adjust $\pm 15\text{-}20\%$ for conditions)

WEIGHT	PRE-SESSION	60-MIN (MOD)	90-MIN (MOD)	60-MIN (HOT/HIGH)	90-MIN (HOT/HIGH)	POST-SESSION	DAILY GOAL
100 lbs / 45 kg	10 oz	20 oz	30 oz	28 oz	42 oz	16 oz	72 oz
120 lbs / 54 kg	12 oz	24 oz	36 oz	34 oz	51 oz	18 oz	86 oz
140 lbs / 64 kg	14 oz	29 oz	43 oz	40 oz	60 oz	20 oz	100 oz
160 lbs / 73 kg	16 oz	33 oz	49 oz	46 oz	69 oz	22 oz	114 oz
180 lbs / 82 kg	18 oz	37 oz	55 oz	52 oz	78 oz	24 oz	128 oz
200 lbs / 91 kg	20 oz	41 oz	61 oz	57 oz	86 oz	24 oz	140 oz
220 lbs / 100 kg	22 oz	45 oz	68 oz	63 oz	95 oz	24 oz	154 oz
240 lbs / 109 kg	24 oz	49 oz	74 oz	69 oz	104 oz	24 oz	168 oz

UNIT CONVERSIONS

1 oz = 29.6 mL
8 oz (1 cup) = 237 mL
16 oz = 473 mL

24 oz = 710 mL
32 oz (1 qt) = 946 mL
1 Liter = 33.8 oz

SIGNS OF DEHYDRATION

- Dark yellow/amber urine
- Headache or dizziness
- Dry mouth / excessive thirst
- Muscle cramps
- Reduced performance
- Confusion or irritability

TEAM HYDRATION TRACKER Enter targets below. Circle athletes showing signs of dehydration.

ATHLETE NAME	WEIGHT	PRE (OZ)	DURING (OZ)	PER BREAK	POST (OZ)	DAILY GOAL	NOTES

Sources: ACSM Exercise and Fluid Replacement Position Stand; NATA Fluid Replacement Position Statement; Sawka MN et al. Med Sci Sports Exerc. 2007; Casa DJ et al. J Athl Train.

Disclaimer: Fluid needs vary by individual. Consult a sports dietitian for athletes with special medical considerations.