

Hydration by Body Weight — Print Hand-out

A one-page hydration calculator handout showing athletes how much to drink based on their body weight, with a sweat test protocol.

ACCESS
Free resource

AUDIENCE
athlete

READ TIME
3 min

AUDIENCE
Athlete

WHY THIS MATTERS

☞ This is a print-ready visual handout.



Hydration by Body Weight — Print Handout

QUICK START

Start here

A one-page hydration calculator handout showing athletes how much to drink based on their body weight, with a sweat test protocol.

BASELINE

Use body weight to set the normal day target

- This helps athletes who are always vaguely under-hydrated.
- Larger athletes usually need more total fluid than smaller athletes.

TRAINING ADD-ON

Practice losses are separate from daily baseline

- A hot two-hour session can blow past the daily target quickly.
- The athlete still needs to replace what the workout cost.

MAKE IT REAL

Split the target across the day

- Morning bottle, school bottle, practice bottle, dinner fluids.
- Big end-of-day catch-up usually means the plan was too vague.

Do This Now

- Drink half your body weight in ounces daily (150 lbs = 75 oz)
- Add 16–20 oz per hour of exercise
- Check urine color: pale yellow = hydrated, dark = drink more

Timing Protocol

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****2 HRS PRE**

**** 16–20 oz water**

****30 MIN PRE**

**** 8 oz**

****DURING**

**** 4–8 oz every 15–20 minutes • Electrolytes if >60 min**

****AFTER**

**** 24 oz per pound of sweat lost**

Common Mistakes

— Luke Rodriguez, MS, RDN

Only drinking when thirsty (you're already 2% dehydrated by then)

Chugging a gallon right before practice (hello, side stitches)

Skipping electrolytes in hot weather or at altitude

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

STARTING POINT

0.5-0.7 oz/lb

Treat this as a decision anchor, not a trivia stat.

ADD FOR HEAT

+ training losses

Treat this as a decision anchor, not a trivia stat.

BEST CHECK

Trend, not guess

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

Hydration Math

These are the cues worth repeating before the week gets busy.

Set the base: Use body weight for the normal day.

Add the workout: Heat and sweat losses are extra.

Check the trend: Color, thirst, and body feel keep the plan honest.

COACHING EMPHASIS

What to reinforce with athletes this week

Body-weight hydration math works best as a baseline plus real-world adjustments.

- This helps athletes who are always vaguely under-hydrated.
- A hot two-hour session can blow past the daily target quickly.
- Morning bottle, school bottle, practice bottle, dinner fluids.
- Body-weight hydration math works best as a baseline plus real-world adjustments.

TAKEAWAY

Coach bottom line

Body-weight hydration math works best as a baseline plus real-world adjustments.

- Is this athlete missing the baseline day target or the training replacement target?

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A one-page hydration calculator handout showing athletes how much to drink based on their body...

THIS WEEK'S CUE

Is this athlete missing the baseline day target or the training replacement target?

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • hydration

These are the anchors to reinforce, not the entire lecture.

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT**Use it this week**

Is this athlete missing the baseline day target or the training replacement target?

BOTTOM LINE

Body-weight hydration math works best as a baseline plus real-world adjustments.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [hydration](#) • [sweat rate](#) • [body weight hydration](#)