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Hydration Guidelines

Dehydration is a serious risk for endurance athletes; pace slows by 3% for every 1% decrease in body weight caused by dehydration (a 150lb runner who loses 1.5lb to dehydration would slow almost 15 seconds/mile)! This is not the only risk for athletes; hyponatremia—when your blood sodium level drops too low—is a serious problem as well and another reason to replenish not only fluid but also sodium losses.

So how do you determine how much to hydrate and how much sodium to refuel? Use this worksheet and bring it to your next appointment to find out.

Date: _____ Temperature: _____ Humidity: _____

Pre-workout weight (no clothes):	
Duration of workout:	
Fluid intake during workout (if any):	
Post-workout weight (no clothes):	

Date: _____ Temperature: _____ Humidity: _____

Pre-workout weight (no clothes):	
Duration of workout:	
Fluid intake during workout (if any):	
Post-workout weight (no clothes):	

*Note: Please let us know if you are a “salty sweater”. You fall into this category if you’ve experienced muscle cramping or even full body muscle cramping, or if you find yourself covered in a layer of salt upon completion of workouts.