

Weight & Hydration Chart



Date	1			2			3			4			5			6			7			8			9			10			11			12			13			14								
Practice/Game Time																																																
Humidity Level/Temperature																																																
Athlete's Name	Before	After	Difference																																													
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How to Use This Chart

- Write down each athlete's weight before and after practices and games.
- Calculate how much weight each athlete lost or gained.
- Athletes should drink enough fluid (125–150% of the weight deficit) between practices and after games so that they gain back the weight lost before the start of the next practice or game.
- Weight lost during practices and games represents dehydration. Counsel your athletes to drink enough during practices and games to minimize their weight loss so that they can maintain hydration and protect their performance.
- If an athlete gains weight during a single practice session or game, he or she should drink less during activity. Weight gain during activity is a sign that an athlete is overhydrating.

Staying Hydrated Matters

- Dehydration increases the risk of heat cramps, heat exhaustion and heat stroke and can cause performance to suffer.
- Signs of significant dehydration: noticeable thirst, muscle cramps, weakness, headache, decreased performance, difficulty paying attention, early fatigue, dizziness, nausea.

Return-to-Play Recommendations

- Continued participation is acceptable if daily rehydration is achieved or dehydration is minimal (i.e., weight loss of less than 2% of total body weight) and the athlete shows no lingering signs of dehydration.
- Keep in mind that the cumulative effect of even a 1% fluid loss each day occurring over several days will increase the risk of heat illness and impair performance.¹

Protect Performance

Losing as little as 2% of total body weight causes a decrease in mental and physical performance.^{2,3} Gatorade is a better hydrator than water because it contains:

- Electrolytes to replace what is lost in sweat and help sustain hydration.^{4,5,6}
- Carbohydrates to fuel the brain and muscles for better performance.⁷
- Flavor to keep your athletes drinking.⁸

References
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 5. Ryan, et al. *J Appl Physiol*, 84: 1581-1588, 1998.
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Helping Athletes' Safety and Performance

Dear Coach or Certified Athletic Trainer:

Dehydration can be a serious condition that not only compromises an athlete's safety by placing them at greater risk for dangerous heat illnesses but also can cause mental and physical performance to suffer. An athlete has to lose only as little as **2% of their body weight through sweat** (as little as 3 pounds in a 150-pound athlete) to be susceptible to the negative performance consequences of dehydration.

The good news is that dehydration can be prevented by using this weight chart to monitor your athletes' weights and educating them about the importance of drinking ample fluid during practices and games.

For more information, please visit the Gatorade Sports Science Institute Web site at www.gssiweb.org.