Hydration profile

FICTIONAL DATA / SAMPLE

CLIENT: SAMPLE CLIENT
TESTED 12 NOV 2026
60 MIN · 22°C · MODERATE HUMIDITY
MEASURED BY G. HERNANDEZ

TEST	SENSOR	STATUS	RE-TEST
Standardized field	hDrop Gen 2	USG 1.021	4–6 weeks / conditions

SWEAT RATE	SWEAT SODIUM	SODIUM LOSS	FLUID TARGET
1.42 L/h	575 mg/L	816 mg/h	700–900 mL/h

A plan for the conditions tested, not a permanent rule.

At a sweat rate of 1.42 L/h and a sweat sodium concentration of 575 mg/L, the estimated sodium loss is 816 mg/h (1.42 × 575 ≈ 816.5). The fluid target is a partial replacement range, adjusted for tolerance; it is not a instruction to match every liter.

PRACTICAL PROTOCOL

WINDOW	FLUID	SODIUM
2 h before	400–500 mL	normal meal
Each hour	700–900 mL	600–800 mg
After	~1.25 L per kg lost, spread over hours	food + fluids

This is a sample for the tested conditions. Do not force fluid beyond thirst; drinking far beyond losses can be dangerous. Stop and seek care for confusion, fainting or severe weakness.

TEST INPUTS

INPUT	VALUE	NOTE
Pre-test mass	74.20 kg	same scale
Post-test mass	73.38 kg	towel-dried
Fluid consumed	0.60 L	recorded
Duration	1.00 h	standardized bout

PLAN BY SESSION LENGTH

DURATION	FLUID RANGE	SODIUM RANGE
60 min	700–900 mL	600–800 mg
90 min	1,050–1,350 mL	900–1,200 mg
120 min	1,400–1,800 mL	1,200–1,600 mg

Ranges are derived from the 1.42 L/h estimate and are partial replacement targets, not a fixed prescription. Adjust for heat, clothing, intensity and tolerance.

WHAT CHANGES WITH CONDITIONS

- Heat, humidity, clothing and intensity can change sweat rate.
- Sodium concentration can differ between people and between tests.
- Re-test when the event, clothing or environment changes substantially.

Method, data & limits

INPUTS · CALCULATIONS · CONDITIONS
HDROP GEN 2 + DIGITAL REFRACTOMETER
FIELD TEST, NOT A MEDICAL TEST

INPUTS AND CALCULATION

Pre-test mass 74.2 kg · Post-test mass 73.38 kg · Fluid consumed 0.60 L · Duration 1.00 h
Sweat rate = (74.2 − 73.38 + 0.60) / 1.00 = **1.42 L/h**
Sodium loss = 1.42 L/h × 575 mg/L ≈ **816 mg/h**

CONDITIONS

- 60-minute standardized field bout.
- 22°C, moderate humidity; clothing recorded.
- Normal hydration before the test; no forced dehydration.
- Urine specific gravity 1.021 via digital refractometer.

WHAT THIS IS NOT

- Not a diagnosis or a clinical hydration assessment.
- Not a test for cystic fibrosis, kidney disease or electrolyte disorders.
- Not a supplement prescription or an IV recommendation.
- Not a guarantee that the same rate applies on race day.

HOW TO USE THE ESTIMATE

Use the range as a starting point for the tested conditions. Check it in real sessions. If the plan causes GI distress, adjust the concentration, volume or timing. If you have a medical condition or take medication, follow your clinician's guidance.

RAW SAMPLE TRACE

TIME	BODY MASS	FLUID	NOTE
0 min	74.20 kg	0 mL	start
30 min	73.79 kg	300 mL	midpoint
60 min	73.38 kg	600 mL	end

EQUIPMENT & CONDITIONS

Sensor	hDrop Gen 2
Hydration status	Digital refractometer · USG 1.021
Environment	22°C · moderate humidity · clothing recorded
Protocol	60 min standardized field bout

RE-TEST WHEN

- Temperature, humidity or clothing changes substantially.
- Training volume or intensity changes for a new block.
- You change your hydration strategy or experience repeated GI distress.

REFERENCES

ACSM. Exercise and Fluid Replacement. Position stand. 2007.

ACSM. Nutrition and Athletic Performance. Position stand. 2016.

ISAK. International Standards for Anthropometric Assessment. 2019. (Anthropometric methods, where applicable.)

Prepared by

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ISAK Level 2 · CISSN
GH Performance
Sample template v2.0

Sample only. The full report includes the complete conditions record, sensor output and the method's limitations. This sample uses internally consistent fictional values.