

## Hydration Chart

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Timing	Water Amount	Electrolyte Amount
<b>Before Exercise</b>	500ml of water 30 mins before exercise	Not necessary as body hasn't loss minerals through sweat yet.
<b>During Exercise</b>	250ml every 15 mins	Include a low concentration of 6-8% of electrolytes and carbohydrates.
<b>After Exercise</b>	500ml for every pound loss in body weight	<p>Include a higher concentration of 10-12% of electrolytes and carbohydrates.</p> <p>*Adding ½-1 tsp of salt in your water can do the trick for electrolyte replacement</p>