

### **Individual Sweat Test Instructions**

Go to [levelen.com/athlete\\_sweat\\_testing/](http://levelen.com/athlete_sweat_testing/) for instructional video

**CrossFit Athletes:** Refer to [levelen.com/CrossFit](http://levelen.com/CrossFit) for CrossFit-specific instructions.

**Important:** During this test, consume fluids as you normally do for a workout of typical intensity and duration. You need to record the precise amount of fluid consumed during the full duration of your workout (between your pre- and post-workout weighings). For the most representative results, you should perform the sweat test while training in the activity, intensity, and environmental conditions representative of the competition you are training for (e.g. Marathon training by running on a hot day).

- Clean the *outside* of your forearm below the elbow (**part facing UP when palm is turned DOWN**) with alcohol swab and allow to dry. (see figure)
- Apply “sweat patch” to cleaned area outside of your forearm just prior to the workout.
- Empty bladder and weigh yourself (wearing no/minimal clothing), noting weight on information card. Note workout conditions on information card (temperature and humidity, if possible).
- **REMEMBER:** From this point until you record your post-workout weight, you must track how much fluid you consume (in ounces or milliliters). Ideally, don’t consume any fluids during your workout, or drink as little as possible.
- Begin your workout.
- It is best to remove the sweat patch between 30 and 40 minutes after your workout begins, or *when the patch is fully saturated*. Peel open the sweat patch and remove the *gauze only* with the provided tweezers to avoid touching the sample.
- Place the *gauze only* into the plastic vial, close lid so it “snaps” securely, and place contents into clear bag and seal. Continue your workout.
- After your workout, wipe off sweat and weigh yourself again (wearing minimal or no clothing). Note weight, test duration and intensity, and fluids consumed, if any, on the information card.
- Mail the completed information card & sweat sample back to us in the provided return mailer. Samples should be sent to:  
HEAT Sport Sciences, Inc.  
Attn: Testing – Dr. Godek  
158 Beverly Dr  
Kennett Square, PA 19348



You should receive your results by e-mail within 48 hours after we receive your sample. If you do not hear from us, please e-mail us at [testing@levelen.com](mailto:testing@levelen.com).

Happy Training!