

7-Day Sauna Hydration Tracker

Track your recovery for one week to spot patterns you might otherwise miss.

Day	Session Length	Sweat Level	Water Drank	Electrolytes	Energy After	Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Quick Legend

Sweat Level	Light / Moderate / Heavy
Electrolytes	None / Tablet / Drink mix
Energy After	Drained / Neutral / Refreshed

Tip: Fill this in right after each sauna session, while it's still fresh in your mind.

Review Your Week

After seven days, look back over your notes and answer these questions.

Questions to Ask Yourself

- ✓ Which sessions left you feeling your best?
- ✓ Did electrolyte intake reduce headaches or cramps?
- ✓ Did longer sessions require noticeably more recovery?
- ✓ Were you drinking enough before entering the sauna?

How to Read Your Results

Look for repeat patterns rather than judging any single day on its own. If headaches or low energy show up mainly on your heaviest-sweat days, that's usually a sign to add electrolytes, not just plain water. If "drained" energy follows your longest sessions, try trimming a few minutes or adding a cool-down break before you towel off.

Small adjustments based on your own experience are often more useful than following a one-size-fits-all hydration plan.

Want More Sauna Tools?

Use our free online Sauna Calculator to find a recommended session length before you start, and the interactive Sauna Tracker to log sessions digitally with automatic trend charts — both at hottubpatio.com.