



Your Hydration Guide

How much to drink, when to add electrolytes, and how to build a routine that suits your training and the weather.

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Hydration in one minute

You lose water and electrolytes when you sweat. Electrolytes are minerals, such as sodium. This guide helps you replace what you need, without drinking too much.

1

Start comfortably hydrated

Drink normally through the day. Pale pee and little thirst are good signs. (Page 6)

2

Drink to thirst

For most sessions, thirst is a good guide. Long or hot sessions may need a simple plan. (Page 13)

3

Add electrolytes when it makes sense

Long sessions, hot days and heavy sweating are the main reasons. Time alone doesn't decide it. (Page 14)

4

Fuel long or hard sessions

Fuel means carbohydrate. A sports drink can give you fluid, electrolytes and fuel in one bottle (page 18). Glucose also helps your gut absorb sodium and water. See page 15.

5

Refill after

Normal meals and drinks usually do the job. Training again soon? (Page 19)

Don't overdrink. Gaining weight during a session can be a sign of drinking too much. See page 23.

START HERE

Plan your **next session**

Find the session closest to yours. Start there, then adjust to how you feel.

Short, easy, cool

Under 1 h

An easy run, walk or gym session in cool weather. Drink to thirst. Water is usually enough.

Steady, mild weather

1-2 h

A long run, a ride or a morning hike. Take a bottle and drink to thirst. An electrolyte drink is useful if you sweat a lot.

Long

2 h +

A big ride, a trail run or a full-day hike. Plan where you will refill. Think about electrolytes and fuel. Pages 13 to 18 help.

Hot, humid or very sweaty

Any length

Heat and heavy sweating matter, even in a short session. Plan your drinks and electrolytes (page 14). Sweating heavily? See page 16.

After any session, check

- Were you very thirsty, or did your stomach feel full and sloshy?
- Optional: did your weight go down a little, or up? (Page 9)
- Change one thing next time, and see how it feels.

Why your hydration needs differ

Two people on the same run can lose very different amounts of sweat and sodium.

0.5-2L

of sweat an hour is typical in sport. Your sweat rate is how much you lose in an hour.

230-2,000

mg of sodium in each litre of sweat. It varies a lot from person to person.

What changes how much you sweat

- **Effort.** Harder work makes more heat, so you sweat more.
- **Weather.** Heat, humidity and sun all add to it.
- **You.** Your body, your fitness, your clothing and how used to heat you are all play a part.

Amount and saltiness are two different things. One person can sweat a lot with fairly unsalty sweat. Another can sweat less with saltier sweat. The scale method estimates the amount, not the saltiness.

Everyday hydration checks

Most of your hydration happens away from training.

- Drink through the day. Water, tea, milk and coffee all count. A normal cup or two of coffee doesn't dry you out.
- Food helps too. Meals contain water, and some salt helps your body hold on to fluid.
- Drink more on hot days and on training days.

Three clues, not a diagnosis

1

Thirst

Often thirsty? You may need to drink a little more.

2

Pee colour

Pale yellow is a good sign. Dark yellow can mean you need more. Vitamins, some foods and a big drink can change the colour, so it's a rough guide.

3

Morning weight (optional)

If you like to weigh yourself, do it after the toilet, before breakfast. A sudden drop from your usual weight can be a sign you're low on fluid.

Look at the clues together. One change on its own is not a reason to drink a lot more. If two or three point the same way, drink a bit more today.

Your starting guide to fluid amounts

Three different numbers. Keep them apart.

1. Every day

The European Food Safety Authority (EFSA) suggests about 2 L of water a day for women and 2.5 L for men. That total includes water from food, so drinks make up most of it but not all. You need more in the heat and on training days. Your thirst and the checks on page 6 are a better guide than any single number.

2. Before you train: 2-4 hours before

About 5-10 ml for each kg you weigh	ml
50 kg	250-500
60 kg	300-600
70 kg	350-700
80 kg	400-800
90 kg	450-900

3. Weight change during a session

Losing a little weight is normal. In the heat, expert groups such as the American College of Sports Medicine (ACSM) use a loss of about 2% of body weight as a point where performance and heat strain can start to suffer. For 70 kg, 2% is 1.4 kg. It's a guide, not a target. Weight gain during exercise can be a sign of overdrinking.

Two ways to estimate your sweat loss

Both are optional. Both give estimates, not exact answers.

Use a scale

If you already have a bathroom scale, this method costs nothing. Weigh yourself before and after training, and write down what you drink. The steps are on page 9.

Use a wearable sweat monitor

Some monitors strap to your upper arm and estimate sweat loss while you train. They can make tracking easier, but they cost money. Features vary, so check whether a device estimates sweat rate, sodium loss, or both.

Thinking of buying one? Search for "wearable sweat monitor" to see the options. Check the ongoing cost of patches and whether it works with your phone. A watch that reminds you to drink is not a sweat sensor.

Whichever method you use, test again in different weather and at different efforts. Your result changes with the conditions.

OPTIONAL: MEASURE YOUR SWEAT

How to measure your sweat loss

You need a bathroom scale and a training session of about an hour.

1

Go to the toilet. Weigh yourself without clothes.

2

Do a usual session for about an hour, at your usual training effort, in your usual conditions.

3

Write down how much you drink. If you pee during the session, estimate how much.

4

Take off wet clothes and towel dry. Weigh yourself again on the same scale.

5

Work out your result on page 10.

Units you'll need. 1 litre (L) is 1,000 millilitres (ml), so 500 ml is 0.5 L. For this sum, treat 1 kg of weight change as about 1 L of fluid. Then account for what you drank and any pee.

Prefer to weigh in clothes? Use the same dry clothes both times, and keep them dry while you train. Repeat the test on a hot day and a cool day.

Work out your sweat rate

Your sweat rate is how much sweat you lose in an hour. Follow the four steps.

- | | |
|---------------|---|
| Step 1 | Weight before minus weight after = weight lost (kg). Read it as litres. |
| Step 2 | Add what you drank, in litres. |
| Step 3 | Take away any pee, in litres. No pee? Use 0. This gives your total sweat. |
| Step 4 | Divide by the hours you trained. 45 minutes is 0.75 h. 90 minutes is 1.5 h. |

Example: a 1-hour session

70.0 kg before, 69.2 kg after	0.8 L
Drank 500 ml: $0.8 + 0.5$	1.3 L
No pee: $1.3 - 0$	1.3 L
1 hour: $1.3 \div 1$	1.3 L an hour

Example: a 90-minute session

Lost 1.0 kg, drank 750 ml, peed 100 ml	
$1.0 + 0.75 - 0.1$	1.65 L
$1.65 \div 1.5$ hours	1.1 L an hour

What your result tells you

Your result estimates how much fluid you lose in an hour, at that effort, in that weather. The scale method does not measure how salty your sweat is.

1

Compare

How much did you drink, compared with what you sweated? Your weight change is a useful check. What you drink or eat changes it, and so does peeing.

2

Try a plan

For the same kind of session, pick an amount to drink that feels comfortable and keeps the gap smaller. You don't need to replace every millilitre. Never drink so much that you gain weight.

3

Write it down

What you drank, how your stomach felt, how thirsty you were and your weight change. Pages 30 and 32 help.

4

Test again

When the season changes, before a longer or harder event, or if your plan didn't feel right.

Personal advice helps if your sweat rate is very high, you often cramp or feel ill in long sessions, drinking upsets your stomach, you're preparing for a long event in the heat, or you have a medical condition. A sports dietitian or sports doctor can test and plan with you.

Before you train

The goal is to start comfortably hydrated, not overfull.

The day before



Eat and drink normally

Extra litres don't help. You'll pee them out. Hot day ahead? Keep a bottle with you and sip.

2-4 h before



Drink about 5-10 ml per kg

That's about 350-700 ml if you weigh 70 kg (page 7). Water is fine.

Last hour



Leave time to pee

Sip if you're thirsty. No need to force more down.

No pee, or dark pee, about 2 hours before? Have a little more to drink.

Training early in the morning? For an easy session in cool weather, start with a glass of water and check your thirst. For a longer or hotter session, drink with breakfast and leave time to pee before you start.

How much to drink

There's no single right amount. Your thirst, the session and the weather all matter.

Drink to thirst

For most sessions, drinking when you feel thirsty works well.

When a plan helps

Long sessions, hot or humid days, a high sweat rate, or drinks only at fixed points. Practise the plan in training.

A starting range: about 400-800 ml an hour

For longer sessions. It's a place to start, not a minimum or a target for everyone. Cooler days and easier efforts sit lower. Adjust it with your sweat test and comfort.

Your stomach

How much you can drink comfortably varies from person to person. A few mouthfuls every 15-20 minutes sit better than a lot at once. Cool drinks are easier to drink.

Count everything: water, sports drinks, electrolyte drinks, water with gels, and cups at water points.

Don't overdrink. Gaining weight during a session can be a sign of drinking too much. Losing a little is normal, but don't aim to lose weight on purpose.

When to consider electrolytes

Electrolytes are minerals you lose in sweat. Sodium is the main one. Glucose is different: it is a carbohydrate. The two work together in your gut (page 15).

Short, easy and cool

Water is usually enough.

Longer sessions

Over about an hour, a drink with sodium is worth considering. The International Olympic Committee (IOC) suggests about 500-700 mg of sodium per litre of drink.

Hot, hard or very sweaty

Heat and heavy sweating matter, not only time. A hot, hard hour, or training again later the same day, can also be a reason.

Heavy, salty sweaters

May need more sodium on long, hot days. Build up in training and see page 11 for personal advice.

Food counts

Salty snacks, meals, sports drinks and gels all add sodium.

Cramps are not a test for low sodium. They have several causes (page 22).

Sodium does not make it safe to drink too much. Drink to thirst or to your plan.

Why glucose helps you absorb fluid

Sodium is an electrolyte. Glucose is a carbohydrate, a type of sugar. They have different jobs, but they work as a team in your gut.

What happens in your gut

Your gut absorbs glucose and sodium together. This also helps water move from your gut into your body. Water and nutrients pass across the lining of your gut, then reach your blood.

WANT THE SCIENCE?

SGLT1 carries glucose and sodium into the cells lining your gut. GLUT2 helps glucose leave these cells and move towards the blood. These are parts of your body's normal absorption process.

A medical example

Medical oral rehydration solutions also use glucose and sodium together. These are special drinks used for fluid loss from illness. Sports drinks do not replace medical treatment.

Plan your drinks as well as your fuel. The carbohydrate in a drink can help with fluid absorption as well as supply energy.

Heavy sweating needs a different plan

For everyday hydration, water, food and thirst do the job. Heavy sweating takes more planning.

When this matters

High intensity, longer sessions, heat and humidity can all mean heavy sweat losses. How much fluid and sodium you lose varies from person to person. A drink with sodium and some carbohydrate can support your plan for these demands. Choose the amount to suit your losses and what your stomach can handle.

MARK'S PRACTICAL GUIDE

If your plan calls for more than about 500 mg of sodium an hour, Mark Wolff, 32Gi co-founder, recommends a drink with sodium and carbohydrate, rather than relying only on a drink without calories. Use this as a starting point. Your sweat losses and the fuel you already take still matter.

Where Hydrate 1000 fits

Hydrate 1000 combines a higher sodium amount with a small amount of carbohydrate. Its carbohydrate blend supplies glucose as you digest it. It is an option when your sweat and sodium losses are high. Mix it as the label says. More powder does not mean better hydration. Its small amount of carbohydrate will not cover all your fuel needs on a long session.

Sodium: reading the numbers

Sodium is a mineral in salt. 1 g of salt has about 400 mg of sodium. Some labels list salt, so check which one you're reading.

Per serving	How much is in one tab, sachet or gel. It's on the label.
Per litre	How strong the drink is. Sodium per serving $\div$ litres of water.
Per hour	How much you take in each hour. It depends on how much you drink.

Worked out from current labels

Hydrate tab, 337 mg in 600 ml: $337 \div 0.6$	562 mg/L
Hydrate tab, 337 mg in 700 ml: $337 \div 0.7$	481 mg/L
Hydrate 1000, 1,000 mg in 750 ml: $1,000 \div 0.75$	1,333 mg/L
Cramp Assalt, 2 sachets: 2×184 mg	368 mg

Per hour: drink one 600 ml bottle with 1 Hydrate tab in an hour, and you take in 337 mg of sodium that hour. Drink half the bottle, and it's about 169 mg.

Two different measures. The IOC guide of 500-700 mg (page 14) is per litre of drink. Mark Wolff's guide of about 500 mg (page 16) is per hour. These sums explain the units. They are not amounts you need.

How to carry your drinks and fuel

Pick the set-up that suits your session and where you can refill.

One bottle and refills

Carry one bottle and refill at taps, shops or water points. Check where they are before you go.

One sports drink

A sports drink gives you fluid, fuel and electrolytes in one bottle. Its carbohydrate also helps your body absorb fluid (page 15).

Two bottles (optional)

Some people carry a sports drink for fuel and a second bottle of water or electrolyte drink. Then you can drink to thirst and still keep track of your fuel.

Water points only

Drink at the water points. If you want extra sodium, you can carry an electrolyte gel or salty snack in a pocket (page 26).

- **Gels:** follow each label for how much water to take with it.
- **Count sodium and carbohydrate,** from drinks, gels and food. A drink with a little carbohydrate can still leave you short of fuel.
- Using 32Gi fuel? Your Energy Guide has the detail, if you have it.

How to replace fluid after training

Normal meals and drinks usually do the job. A quick turnaround needs more planning.

Ordinary recovery

Eat and drink normally, to thirst. Meals with some salt help your body keep the fluid. Milk works well too. Pale pee and little thirst by the next morning are good signs.

Training hard again soon

Later the same day, or early the next morning? Use your weight change: weigh before and after, without clothes, towel dried. Each 1 kg lost is about 1 L of fluid.

Drink about 1.25-1.5 L for every 1 kg lost, spread over the next few hours. Sip it, don't gulp it: more stays in your body. Add sodium with salty food or an electrolyte drink.

Example

Lost 1.0 kg? Drink about 1.25-1.5 L over the next few hours.

The scale shows a total change. Food, the toilet and sweaty kit all affect it, so treat it as an estimate. Your Recovery Guide covers food after training, if you have it.

Adjusting for hot and humid days

In humid air, sweat dries slowly, so it cools you less. Treat a humid day like a hot one.

On the day

- Train in the cooler part of the day if you can.
- Slow down. How hard you push drives body heat more than how far you go.
- Take breaks in the shade. Keep the warm-up short and easy.
- Keep drinks cool. They're easier to drink.
- Wet your head and neck to feel cooler. Short of water? Drink it first.

Getting used to the heat

- Your body adapts over about 1 to 2 weeks of regular training in warm weather.
- Start with shorter, easier sessions, then build up.
- The benefit fades over a few weeks without heat.
- As you adapt, you may sweat more. Redo your sweat test.

Electrolytes: long sessions, heavy sweating or a high sweat test result are reasons to consider them (pages 14 and 16). **III this week** with fever, vomiting or a runny tummy? Skip hard sessions in the heat until you're eating and drinking normally.

Longer sessions and triathlon

Sessions over about 2-3 hours

- Plan where you'll get fluid: taps, shops, water tables or a support car.
- Carry enough to reach the next refill.
- Count everything you drink and eat, including sodium.
- The longer you're out, especially at an easy pace, the easier it is to drink too much. Drink to thirst or to your plan.
- Weigh yourself before and after long training days. Finish no heavier than you started.

Optional: triathlon

- You can't drink in the swim. Plan your first drink for once you're settled on the bike.
- Check where the bike and run aid stations are, and plan your refills.
- Practise drinking on the bike and at run aid stations in training.

Know the warning signs before a long day. Drinking too much: page 23. Heat stroke: page 24.

Cramps: what to do and what to check

A cramp is a painful muscle spasm you can't control. Several things can add to it.

- Going harder or longer than you trained for, and tired muscles.
- Having cramped before.
- For some people, big sweat losses in the heat.

When it hits

Slow down or stop. Gently stretch the muscle and hold it until the cramp eases. Carry on at an easier effort. Don't drink large amounts of water to stop a cramp.

Afterwards, check

Your pacing, whether your training matched the event, sleep, recent illness, and what you drank and ate. Write it down.

Get medical help if

The cramp doesn't ease with rest and stretching, or comes with confusion, severe weakness or dark brown pee.

PRODUCT NOTE

Cramp Assalt is a 32Gi electrolyte gel with 184 mg of sodium per sachet. If you use it, follow the label and try it in training first.

Drinking too much

Drinking much more than you sweat, over several hours, can water down the sodium in your blood. Doctors call it hyponatraemia (low blood sodium). It's rare, but serious.

Who is most at risk

- People out for over about 4 hours, especially at an easy pace.
- Anyone drinking at every water point, thirsty or not.
- Anyone who finishes heavier than they started.
- Painkillers such as ibuprofen have also been linked to it.

Stop exercising and get medical help for a headache that keeps getting worse, repeated vomiting, or swollen hands or feet after a long session. Tell the medic how much you drank. These signs can have more than one cause, so don't try to fix them by forcing down more water.

Call 112 or get race medical staff at once for: confusion, a fit (seizure) or collapse.

Finishing heavier than you started is a warning sign. Salty drinks and salt tablets can't make overdrinking safe.

Heat stroke

Heat stroke is when the body overheats and the brain is affected. It's a medical emergency.

Call 112 or get race medical staff at once if someone in the heat is:

- confused, or acting strangely
- stumbling or losing balance
- collapsed, hard to wake, or having a fit

While help is on the way: move them to shade.

Remove extra clothing. Start cooling at once: cold water over the body, ice or cold wet towels on the neck, armpits and groin, and fanning. Keep cooling until medical help takes over, and follow their instructions. Don't give drinks to anyone who is confused or drowsy.

Hot, sweaty skin does not rule out heat stroke.

Heat exhaustion signs: very tired, dizzy, headache, feeling sick, very thirsty. Stop, rest somewhere cool, cool the skin and sip water or an electrolyte drink. Not better within 30 minutes, or getting worse? Get emergency help.

Who needs **extra care**

Older adults

Thirst can become a less reliable guide as we get older. Use the everyday checks on page 6 as well.

Medical conditions

Heart, kidney or blood pressure problems, or told to limit fluid or salt? Follow your doctor's advice, and ask before using high-sodium products.

Medicines

Some medicines change how your body handles fluid and salt. Ask your doctor or pharmacist. Don't stop a prescribed medicine on your own. Ask before using painkillers such as ibuprofen during long events.

Pregnant or breastfeeding

Ask your healthcare provider before changing how you hydrate or using electrolyte products.

Recently ill

Fever, vomiting or a runny tummy leave you short of fluid. Rest and rehydrate before hard training.

Alcohol

Alcohol is not a recovery drink. Rehydrate with water or other drinks first.

This guide gives general information for healthy adults. It is not medical advice. Edition 4, October 2026.

Choose products that fit your needs

Products can help when you sweat a lot or lose a lot of sodium, or want an easy way to add it.

YOUR NEED

AN OPTION

Short or easy, cool weather

Water.

Everyday training, moderate sweat losses

Hydrate tabs: electrolytes without calories. Choose them when their sodium amount fits your needs.

Heavy sweat losses and higher sodium needs

Hydrate 1000: a higher sodium amount plus carbohydrate that supplies glucose during digestion. See page 15.

A portable way to add electrolytes

Cramp Assault: an electrolyte gel. Count its sodium with everything else you take.

You need fuel too

A sports drink or gel with carbohydrate.

Choose products to fit your session and your needs.

Count the sodium from every drink, gel and snack. Using Hydrate 1000 does not mean you also need Cramp Assault. Whether both fit depends on your needs.

Product details and links: page 27.

Product details

From the current labels and product pages. Always follow the pack.



Hydrate tabs. Fizzy tablet, tube of 20. For everyday training and moderate sweat. **337 mg sodium per tab.** Zero calories, so no fuel. 1 tab in 600-700 ml of water. Drink to thirst.

Product details



Hydrate 1000. 12 g powder sachet. For heavy sweaters with high sodium losses, often in hard, hot sessions. **1,000 mg sodium per sachet**, plus 6-7 g carbohydrate. The carbohydrate supplies glucose, which helps your gut absorb sodium and water (page 15). Not enough to be your fuel. 1 sachet in 750 ml of water, before and during. Not for children.

Product details



Cramp Assault. 10 g gel, taken from the sachet. Easy to carry. **184 mg sodium per sachet.** Contains some carbohydrate, but it isn't meant as your main fuel. 1-2 an hour, depending on sweat and heat. Take water separately. Test it in training.

Product details

Told to limit salt? Ask your doctor before using high-sodium products.

Example 1: an everyday session

EXAMPLE ONLY. YOUR NEEDS MAY DIFFER.

The situation. A 65 kg person plays an hour of padel on a warm evening. They weigh 65.0 kg before and 64.4 kg after. They drank 500 ml and didn't pee.

The sums

Weight lost: $65.0 - 64.4$	0.6 L
----------------------------	--------------

Plus drinks: $0.6 + 0.5$	1.1 L
--------------------------	--------------

Sweat rate: $1.1 \div 1 \text{ hour}$	1.1 L an hour
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Weight change: $0.6 \div 65 \times 100$	about 0.9%
---	-------------------

Trial for next time. Drink to thirst again, with a 600-700 ml bottle to hand. To choose the drink, they look at the weather and how much they sweat. On a very hot, sweaty evening, or if they play again later that day, an electrolyte drink may help.

Afterwards, they check: thirst, how their stomach felt, their weight change (a small loss, no gain) and their pee colour later that evening.

Example 2: a long, hot ride

EXAMPLE ONLY. YOUR NEEDS MAY DIFFER.

The situation. An 80 kg rider does a 3-hour ride on a hot day. They weigh 80.0 kg before and 78.0 kg after. They drank 1.8 L and peed about 200 ml.

The sums

Weight lost: $80.0 - 78.0$	2.0 L
----------------------------	--------------

Sweat: $2.0 + 1.8 - 0.2$	3.6 L
--------------------------	--------------

Sweat rate: $3.6 \div 3$ hours	1.2 L an hour
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Weight change: $2.0 \div 80 \times 100$	2.5%
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Trial for next time. As a trial, they plan about 700 ml an hour if their stomach feels comfortable. That is 2.1 L over three hours, with refills planned. If sweat and pee losses stay the same, they would still lose about 1.7 kg ($3.6 + 0.2 - 2.1$), or 2.1% of body weight. That is just above the 2% guide on page 7. The trial needs checking in similar conditions.

Choose the drink too. For this hot ride, they consider a drink with sodium and carbohydrate (page 15). Hydrate 1000 is an option if its higher sodium amount suits their needs. The sweat test estimates fluid loss. It does not tell them exactly how much sodium to take. They also plan enough fuel for the ride.

BUILD YOUR ROUTINE

My session plan

Tap a box to type. Save the PDF to keep your answers. Printing?
Use page 32.

ACTIVITY

DATE

HOW LONG

CONDITIONS (HEAT, HUMIDITY)

BOTTLE SIZE (ML)

FLUID I'LL CARRY (L)

REFILL POINTS

WHAT I'LL TAKE (DRINKS, PRODUCTS, FOOD)

DRINK PLAN (ML AN HOUR)

SODIUM COUNT (OPTIONAL)

Sodium count: servings $\times$ sodium per serving, from drinks, products and food (page 17).

BUILD YOUR ROUTINE

After the session

Used a wearable? Enter its sweat-rate estimate and leave the scale boxes blank.

METHOD USED (OPTIONAL): SCALE OR WEARABLE

SCALE: WEIGHT BEFORE (KG)

SCALE: WEIGHT AFTER (KG)

I DRANK (L)

PEE (L)

SWEAT RATE (L AN HOUR): SCALE SUM ON PAGE 10, OR WEARABLE ESTIMATE

WHAT I TRIED

THIRST AND STOMACH COMFORT

WHAT I'LL CHANGE NEXT TIME

PRINT IT, OR FILL IT IN ON SCREEN

My Hydration Plan



My session

ACTIVITY	DATE	HOW LONG	CONDITIONS
BOTTLE SIZE (ML)	FLUID I'LL CARRY (L)	REFILL POINTS	DRINK PLAN (ML AN HOUR)

What I'll take

DRINKS	PRODUCTS	FOOD

My sweat tests OPTIONAL

DATE	METHOD	CONDITIONS	TIME (H)	BEFORE (KG)	AFTER (KG)	DRANK (L)	PEE (L)	SWEAT RATE (L/H)

Method: scale or wearable. Wearable? Enter its sweat-rate estimate and leave the scale boxes blank. Scale sum: (before - after + drank - pee) ÷ hours. Treat 1 kg as about 1 L. No pee? Write 0. (Page 10)

Sodium count OPTIONAL

DRINK, PRODUCT OR FOOD	SERVINGS	SODIUM PER SERVING (MG)	TOTAL (MG)

After the session

WHAT I TRIED	THIRST AND COMFORT	WHAT I'LL CHANGE NEXT TIME