



## Colorado Science and Engineering Fair

## 2025 Individual Project Abstract Form

**Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.**

Title of Project: Sweaty Dude's

Finalist's Name: Hugo Gonzalez Gomez

School and City: Kremmling, CO

Sponsor's Name: Emmylou Harmon

Category: Biomedical & Health Sciences

Division: Senior (grades 9 - 12)

Abstract (250 words or less):

The purpose of this project is to see how much weight a football player loses during a practice and does the amount of water intake affect how much weight you lose. I hope to find if there is a pattern in water intake and weight loss. I will take 10 football players and take notes for two weeks/eight practices. Weigh all 10 of the players before practice one at a time. Note the weight of the players. Ask them to take track of their water intake. Then weigh them after practice to see how much weight they lost, and take notes on that. The data collected partially supported my original hypothesis. The data collected showed that some subjects drank more water and lost more weight than other subjects drank less water and lost less weight.

*I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.*

Finalist's Signature:

Date:

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. **A signed copy of this form must be included in your notebook.**