



HYDRATION CALCULATOR

WEIGHT	OUNCES OF WATER DAILY	20 OZ BOTTLES	LITERS OF WATER DAILY
100 LBS	67 OZ	3.4	2
110 LBS	74 OZ	3.7	2.2
120 LBS	80 OZ	4.0	2.4
130 LBS	87 OZ	4.4	2.6
140 LBS	94 OZ	4.7	2.8
150 LBS	100 OZ	5.0	3.0
160 LBS	107 OZ	5.4	3.2
170 LBS	114 OZ	5.7	3.4
180 LBS	121 OZ	6.1	3.6
190 LBS	127 OZ	6.4	3.8
200 LBS	134 OZ	6.7	4.0
210 LBS	141 OZ	7.1	4.2
220 LBS	148 OZ	7.4	4.4
230 LBS	154 OZ	7.7	4.6
240 LBS	161 OZ	8.1	4.8
250 LBS	168 OZ	8.4	5.0

1 GALLON = 128 OZ

1 LITER = 33.8 OZ

