Daily Water Consumption by Weight

Here is chart to help guide you to make sure you getting the water your body needs. How many of you think 8 oz. glasses of water a day are accurate: it's a rule that's been burned into our brains for years as the ideal amount of fluid to drink each day. Yet no matter how many times experts say that's not quite accurate, many still believe "8×8" is the magic amount. The truth: How much water you should drink each day really, truly depends on the person, Robert A. Huggins, Ph.D., of the University of Connecticut explained to Health. "Fluid needs are dynamic and need to be individualized from person to person. Factors such as sex, environmental conditions, level of heat acclimatization, exercise or work intensity, age, and even diet need to be considered." Are bodies is mostly made up of water. But not everyone's body is made up the same. Some are smaller, some are larger. So that would only mean, that our bodies requires different amount of water to hydrate us throughout the day. Too much water can be bad. And not enough water in your system is bad. So drink right for your body type! A way to monitor hydration is to look at your pee before you flush. You want it to look like lemonade; if it's darker than that, you should down a glass. You already know that dehydration can be dangerous, but over-hydrating may actually be just as bad. In fact, a new consensus report in the British Journal of Sports Medicine found that many athletes are at risk of exercise-associated hyponatremia, which is an electrolyte imbalance that can be caused by drinking too much liquid. This can lead to nausea and vomiting, headaches, fatigue, and in serious cases, coma and even death. While it was previously thought to only be a concern for long-distance athletes competing in events like marathons and Ironmans, the paper (which was funded by CrossFit, Inc.) concluded that many athletes are actually dangerously over-drinking during events as short as 10K races and even bikram yoga classes, Tamara Hew-Butler, Ph.D., lead author of the paper, explained to Health. So don't over drink water or under drink water! Drink right for your body type.

Weight (lbs)	½ Body Wight in ounces	Approximate # of 8 oz Glasses
30	15	2
40	20	205
50	25	3
60	30	4
70	35	4.5
80	40	5
90	45	5.5
100	50	6.25
110	55	7
120	60	7.5
130	65	8
140	70	9
150	75	9.5
160	80	10
180	90	11.25
200	100	12.5
220	110	14
250	125	16
275	137.5	17
300	150	19

1 pint = 16oz (2 – 8 oz. glasses)

1 quart = 32 oz. (4 – 8 oz. glasses)

½ gallon = 64 oz. (8 – 8 oz. glasses)

1 gallon = 128 oz. (16 – 8 oz. glasses)

Note: For each ounce of caffeine (coffee, pop, chocolate, etc.) – drink an additional 2 ounces of water.

Example: Drink 8 ounces of coffee, you need 16 additional ounces of water to flush out caffeine.