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## WATER INTAKE GUIDELINES

### **GENERAL GUIDELINE**

**½ AN OUNCE PER/LBS\***

\*Other numbers include: 3.7 liters for Men, 2.7 liters for Women

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## FACTORS TO CONSIDER

- **INCREASE INTAKE WITH EXERCISE**
  - **ENVIRONMENT: HOT DAY OR HIGH ELEVATION INCREASE INTAKE**
    - **CONSULT MD IF ANY HEALTH CONDITIONS**  
(EXAMPLES: HEART CONDITIONS, DIABETES, OTHER SWELLING)
  - **CAN NEED INCREASE IN INTAKE IF PREGNANT/BREAST FEEDING**  
(CONSULT WITH MD)
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## OTHER IMPORTANT INFORMATION

- **GOAL IS LIGHT YELLOW TO CLEAR URINE**
- **20% OF HYDRATION CAN COME FROM FOOD**
- **ALMOST ALL DRINKS HYDRATE (AVOID HIGH SUGAR)**