

Daily Fluid Requirements

Pounds	Ounces of Water per Day	Number of Cups Daily
100lbs	50oz	6.25 Cups
120lbs	60oz	7.5 Cups
140lbs	70oz	8.75 Cups
160lbs	80oz	10 Cups
180lbs	90oz	11.25 Cups
200lbs	100oz	12.5 Cups
220lbs	110oz	13.75 Cups
240lbs	120oz	15 Cups
260lbs	130oz	16.25 Cups

Divide your weight in pounds in half to calculate a good daily fluid intake.

Heavier people require more fluids .