

Hydration Information



1. Find your body weight in pounds.
2. Divide that number in half.
3. That number is the number of ounces of water your body requires each day as a minimum for health.

Body Weight	Fl oz	Pt.	Qt.	Gal.	L.
70	35	2.19	1.09	.27	1.04
80	40	2.5	1.25	.31	1.19
90	45	2.81	1.41	.35	1.34
100	50	3.12	1.56	.39	1.49
110	55	3.43	1.73	.43	1.64
120	60	3.74	1.89	.47	1.79
130	65	4.05	2.05	.51	1.94
140	70	4.36	2.21	.55	2.09
150	75	4.67	2.37	.59	2.24
160	80	4.98	2.53	.63	2.39
170	85	5.29	2.69	.67	2.54
180	90	5.6	2.85	.71	2.69
190	95	5.91	3.01	.75	2.84
200	100	6.22	3.17	.79	2.99
210	105	6.53	3.33	.83	3.14
220	110	6.84	3.49	.87	3.29
230	115	7.15	3.65	.91	3.44

1 Gallon (gal) = 4 Quart (qt) = 8 Pint (pt) = 32 Gill (gi) = 128 Fluid Ounces (fl oz)

Volume		
Milliliters	0.03	Fluid Ounces
Liter	2.1	Pints
Liter	1.06	Quarts
Liter	.26	Gallons
Volume		
Teaspoons (tsp)	5	Milliliters
Tablespoons (tbsp)	15	Milliliters
Fluid Ounces (fl oz)	30	Milliliters
Cups (C)	0.24	Liters
Pints	0.47	Liters
Quarts	0.95	Liters
Gallons	3.8	Liters

10 Fluid Ounces = .625 Pint = .3125 Quart = .078 Gallons = .30 Liter = 295.74 ml

50 Fluid Ounces = 3.125 Pint = 1.56 Quart = .391 Gallons = 1.48 Liter

100 Fluid Ounces = 6.25 Pint = 3.125 Quart = .78 Gallons = 2.96 Liter