

# THE ULTIMATE HYDRATION GUIDE

Do you know **how much water your body needs every day?**

The amount of water required to stay hydrated is different for everyone.



## THE FORMULA



Your Weight  
(in ounces)



$\frac{\text{Total Minutes Exercising}}{30} \times 12$



Number of  
Ounces of H<sub>2</sub>O

**Note that if you are thirsty,**  
your body is likely already dehydrated.

**Here are some additional signs of dehydration:**

- Infrequent urination or dark-colored urine
- Dry mouth and cracked lips
- Headaches or blurred vision
- Muscle cramping

**Finally based on the temperature**

you will sweat more and need to replace that fluid. **It is common to sweat anywhere from 100 milliliters to several liters per day.**

