

PERSONAL WATER

Guide

FITTEAM

DAILY WATER INTAKE



WEIGHT(lbs)	WATER(oz)	BOTTLES(16.90z)
100	50	3
110	55	3.5
120	60	3.5
130	65	4
140	70	4.5
150	75	4.5
160	80	5
170	85	5
180	90	5.5
190	95	5.5
200	100	6
210	105	6
220	110	6.5
230	115	7
240	120	7
250	125	7.5
260	130	8
270	135	8
280	140	8.5
290	145	8.5
300	150	9
