

WaterDailyGoal Daily Water Intake Chart

Moderate activity, temperate climate

Weight	Litres/day	Ounces/day	250 ml glasses
120 lb	2.1 L/day	71 oz/day	8.5 glasses
140 lb	2.4 L/day	81 oz/day	9.5 glasses
160 lb	2.7 L/day	91 oz/day	11 glasses
180 lb	3.0 L/day	101 oz/day	12 glasses
200 lb	3.3 L/day	111 oz/day	13 glasses
220 lb	3.6 L/day	121 oz/day	14.5 glasses

Use waterdailygoal.com/water-intake-calculator for heat, e
General wellness guidance for healthy adults, not medical