

<b>Body Weight in Pounds</b>	<b>Minimum Daily Water Consumption in Ounces</b>
100 pounds	50 ounces
110 pounds	55 ounces
120 pounds	60 ounces
140 pounds	70 ounces
160 pounds	80 ounces
180 pounds	90 ounces
200 pounds	100 ounces
210 pounds	105 ounces
220 pounds	110 ounces
240 pounds	120 ounces
260 pounds	130 ounces
280 pounds	140 ounces
300 pounds	150 ounces