

HYDRATION CALCULATOR

How much water do you really need?

Each person's hydration needs are unique and depend on a variety of factors.

Use this simple hydration calculator to help determine how much water you should be drinking every day.

Lifestyle: **Sedentary**

Sedentary desk job with little to no exercise



Recommended fluid intake

50%

of your body weight in ounces

Lifestyle: **Average**

Sedentary desk job with light exercise (i.e. 20-30 minutes a day) or active job with little to no exercise



Recommended fluid intake

75%

of your body weight in ounces

Lifestyle: **Active**

Active job with moderate exercise (i.e. 60-120 minutes a day)



Recommended fluid intake

100%

of your body weight in ounces

Lifestyle: **Extremely Active**

Very active job or athlete with vigorous exercise (i.e. frequent cross training, cardio training and weight training)



Recommended fluid intake

125%

of your body weight in ounces

*This calculator is only an estimate to help you determine an approximate amount of water you should drink each day to avoid dehydration. The actual amount also depends on your average fluid intake, diet, weight, health conditions, climate, etc. Pregnant women and women that are breastfeeding must drink additional fluids to stay hydrated.

Get more hydration tips and resources at pureelementwater.com

 PURE
ELEMENT