

## USING DAILY WEIGHTS TO DETERMINE HOW MUCH WATER TO DRINK

For every one (1) pound of weight lost

Replace with

**One 32 oz cup water or sports drink WITH ICE**

Or

**One 20-24 oz cup water or sports drink  
WITHOUT ICE**

Goal should be to replace fluid losses prior to next practice – average one to two cups each hour after practice.

Drink most of the fluid you need to replace with a meal, and try to replace all that you need in the first few hours after practice.

If you have any questions please see your certified athletic trainer.

## Daily Water Requirements

The following table is established utilizing National Strength and Conditioning Association ([www.nscs-lift.org](http://www.nscs-lift.org)) recommendations in addition to current research. It is recognized that most Americans walk around in a dehydrated state. Intercollegiate athletes are no different and are also dehydrated most of the day. Performance can be directly affected by an athlete's hydration level. Prior to exercise it is essential to enter into competition hydrated. During athletic participation a person can lose up to several pounds in water and electrolytes. This must be replaced during and after exercise or dehydration and/or heat illness will occur.

Refer to the below table for water needs **outside** of your sport. Any water consumed immediately before, during and immediately after a practice/lifting session does not factor into this amount. Fluids other than water that are clear in color, natural, and have low or no sugar content may also count.\* In order to achieve drinking your amount in water it is necessary to have a water bottle with you at all times. (ie. studying, library, classes, hanging out, video games, errands, resting)

YOUR Weight	Ounces of water needed per day	# of Gall
60	45.6	0.36
65	79.4	0.62
70	53.2	0.42
75	57	0.45
80	60.8	0.48
95	72.2	0.56
100	76	0.59
105	79.8	0.62
110	83.6	0.65
115	87.4	0.68
120	91.2	0.71
125	95	0.74
130	98.8	0.77
135	102.6	0.8
140	106.4	0.83
145	110.2	0.86
150	114	0.89
155	117.8	0.92
160	121.6	0.95
165	125.4	0.98
170	129.2	1.01

YOUR Weight	Ounces of water needed per day	# of Gall
175	133	1.04
180	136.8	1.07
185	140.6	1.1
190	144.4	1.13
195	148.2	1.16
200	152	1.19
205	155.8	1.22
210	159.6	1.25
215	163.4	1.28
220	167.2	1.31
225	171	1.34
230	174.8	1.37
235	178.6	1.4
240	182.4	1.43
245	186.2	1.45
250	190	1.48
255	193.8	1.51
260	197.6	1.54
265	201.4	1.57
270	205.2	1.6
275	209	1.63

\*Avoid caffeine, teas, sugars, high fructose corn syrup, sodas, and artificial flavors.