



# How Many Cups of Water Should You Drink Daily?

This seems to be something too many of us forget to have daily. Sometimes the day goes by and when it is almost six in the evening, you realized you drunk only one glass of water. I do drink half of the amount sometimes, I am guilty as charged but work with me. I rarely forget and I am working on never to forget, it's extremely important.

If I mess up one day I do not carry it over to the other day. While you can't make up for the losses you can make today count. Here are some recommendations:

- Start having one cup on rising, you can choose for it to be warmed but room temperature is perfect as well.
- Carry a bottled water with you in your bag, backpack or lunchbox at all times.
- While at school or work make sure a bottled water is on your desk. If it is in front of you it is more likely you will drink it.
- Replace all sodas and juices with water.
- Drink a glass of water before each meal.
- By midday, you should have drunk half of your water intake already.

We were all taught 8 cups of water daily. I am not saying this is wrong. It is a pretty good start but, keep in mind: little Jimmy, a student who is 12 years old and weighs 65 pounds, and Mr. Sam, the 28-year-old bodybuilder who weighs 225 pounds, do not have the same body mass. So, quite likely, 8 cups of water for Sam would be insufficient while Jimmy might find 8 cups a little too much.

## Calculation

Water intake is based on your body weight. So you have to divide your body weight in half and that amount will be the amount in ounces and to get cups just divide that by 8.

Here is an example;

Sammy is 200 pounds. How many cups of water should he drink daily

1. 200 pounds /2 = 100 ounces (*divide the weight by two, that amount is in ounces*)
2. 100 ounces /8 = 12.5 cups round up it won't hurt so 13 cups (*take your amount from 1 divide by 8 to get cups*)

Sammy should drink at least 13 cups daily.

However, if you don't want to do all this calculation you can use this app which is found in the app store. There are several apps that will remind you of your water intake. My favorite app is shown below. This app does all the calculations for you and keeps you on track of what you have remaining for that day. Each day, you are graded on water intake performance. Make sure you get an A+ every day.



## Here are some facts about water

- By the time you feel thirsty, your body has lost 1% of its total water amount.
- Water helps to maintain your ideal body weight by increasing metabolism and regulating appetite.
- Water flushes out any harmful bacteria that your body contains.
- Water naturally moisturizes your skin, to give it a healthy, glowing appearance.
- The number one cause of daytime fatigue is dehydration.

So lets not ever forget to drink water! ☐