



## **EXERCISE: HOW MUCH WATER SHOULD I DRINK?**

Your weight in pounds \_\_\_\_\_  $\div$  2 = \_\_\_\_\_ fluid ounces.

Convert \_\_\_\_\_ fluid ounces  $\div$  16.9 fluid ounces = \_\_\_\_\_ bottles .

\_\_\_\_\_ bottles  $\div$  4 = \_\_\_\_\_ bottles every time you drink.

**Example: 150 pounds  $\div$  2 = 75 ounces  $\div$  16.9 fluid ounces = 4.4 bottles**

**4.4 bottles  $\div$  4 = 1.1 bottles every time you drink**