

# Oak Ridge Hydration



**GENERAL DAILY GOALS: DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER**

**100-150LBS**  
**GOAL: 50-75OZ.**



**PER DAY**

**150-200LBS**  
**GOAL: 75-100OZ.**



**PER DAY**

**BEFORE TRAINING:**



**WEIGH-IN  
(DRY CLOTHES)**

**AFTER TRAINING:**



**WEIGH-OUT  
(DRY CLOTHES)**

**DRINK**

**20-24OZ. FLUID FOR EVERY POUND LOST.**



**= 32OZ.**

**MONITOR URINE COLOR:**



**HYDRATED**

**OK**

**DEHYDRATED**

**FOR NUTRITION CONSULTS : [BRETT.SINGER@MEMORIALHERMANN.ORG](mailto:BRETT.SINGER@MEMORIALHERMANN.ORG)**