

weight	daily water intake	*bottles of water
100 lbs	50 oz.	3
110 lbs	55 oz.	3.25
120 lbs	60 oz.	3.5
130 lbs	65 oz.	4
140 lbs	70 oz.	4.25
150 lbs	75 oz.	4.5
160 lbs	80 oz.	4.75
170 lbs	85 oz.	5.25
180 lbs	90 oz.	5.5
190 lbs	95 oz.	5.75
200 lbs	100 oz.	6
210 lbs	105 oz.	6.25

*** 1 bottle = 16.9 oz**

Activity Level: Adjust your number based on how often you work out because you expel water when you sweat. You should **add 12 ounces of water to your daily total for every 30 minutes that you work out.** So if you work out for 45 minutes daily, you would add 18 ounces of water to your daily intake.

HYDRATION TIPS

2 days before, day of, and 2 days after treatment:

- **Avoid coffee, alcohol, or tea**
- **Avoid excessive cardio exercise morning of treatment**
- **Drink ½ your body weight in ounces each day**
- **Exercise for at least 30 minutes AFTER treatment**
- **Stay on a healthy diet. Eat your water.**

Print Name

Signature

Date