## Hydration Formula

A. Weight in pounds $/ 2=$ $\qquad$
B. Average daily minutes of exercise $\qquad$ / $10=$ $\qquad$ times 4= $\qquad$
Total daily hydration needs $\mathrm{A}+\mathrm{B}^{*}=$ $\qquad$

* Double this amount for hot/humid day

