



How Much Water Do I Need?

You're on a Quest!

On many weekends, certain people tend to become “weekend warriors,” trying to get all of the chores done around the house, get in all their exercise for the week, and attend to their diets. Many of us forget about nourishing our bodies with that one very available low calorie drink: **water**.

Hydration Study

In the following activity, you will explore the activities that you, your family, and even your friends do on a typical Saturday.

- For each person involved, note how many hours of exertion he or she spent during the day, and whether it was light, medium, or heavy exertion.
- Calculate how much water each person’s activities would require to keep him or her adequately hydrated. For light exertion, multiply the time by .25 liters per hour; for medium exertion multiply by .5 liters, and for hard exertion multiply by 1 liter per hour.

Water Used in Metabolism and Cooling						
Name	Activity	Duration	Exertion Lt/Med/Hvy (hours)	Water Used x.25 liter/hr x.5 liter/hr x1 liter/hr	Basic Body Metabolism/ Use of Water	Total Water Use
					+2.3 liters	
					+2.3 liters	
					+2.3 liters	
					+2.3 liters	
					+2.3 liters	

3. Monitor how much liquid each person is drinking and what kind of beverages they are drinking. Then determine if they are maintaining good hydration. Use the table below to keep track of your work.

Beverages Consumed					
Name	Beverage	Amount	Beverage	Amount	Total Fluids

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