Too much water can be dangerous. Do not drink more than 24 ounces (0.7 liter) at one time.

If you average about 4 ounces an hour, you should be in great shape. Another option is two glasses when you wake, two glasses at each meal and one with a morning and evening snack.

If you perspire a great deal, you need more. An average workout needs one to two glasses of water before a workout and 4 ounces every 30 minutes. If you are working outside all day in the heat, add half a teaspoon of salt or use a sports drink every four hours and drink up to your thirst.

Let your kidneys be your guide. Ideal urine color is pale straw colored.

- If you have dark urine, you need more fluid.
- Most women need about 2.7 liters per day, while men need 3.7 liters each day.
- If it’s very pale, cut back on fluids.
- Food contains 20 percent of your daily fluid. ALL fluids, including water, coffee, tea, soda and juice provide 80 percent.

Multiply your body weight times 15 milliliters (or a half ounce) and you’ll find the total fluids you need in a day. Example: A 150-pound person would need about 75 ounces of liquid or about 2.2 liters each day.

Weight_________ X 0.5 ounces or 15 milliliters =_________ volume of fluid needed per day

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