How much water should I drink?

- About 12.4 cups for men
- About 9.2 cups for women

For this challenge, we will aim for **11 cups** (88 oz.) per day for men and women.

Factors influencing water needs:

- Exercise or physical activity
- A Hot or Humid Climate
- Overall health
- Pregnancy or breast-feeding

Benefits of drinking water:

- It has zero calories
- Improves cognitive function
- Possible reduction or prevention of headache pain
- Helps regulate body temperature
- Lubricates and cushions joints
- Removes waste through urination, perspiration & bowel movements

Know the warning signs of dehydration:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Dizziness or lightheadedness

Check your urine to see if you are well hydrated:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>Good</td>
<td>Fair</td>
<td>Dehydrated</td>
<td>Dehydrated</td>
<td>Very dehydrated</td>
<td>Severe dehydration</td>
</tr>
</tbody>
</table>

Symptoms of severe dehydration:

- Extreme thirst
- Lack of sweat or tears
- Rapid heartbeat
- Weakness
- Breathing rapidly
- Delirium

Call 911 if symptoms of severe dehydration occur.

Aim for 11 cups of water per day!