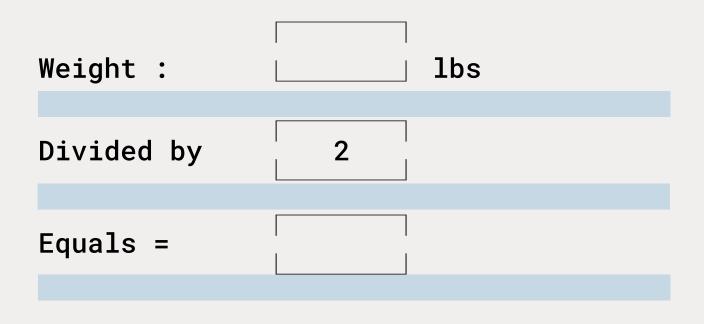
WATER INTAKE

Estimate Your Recommended Amount



Your Recommended Daily Water Intake Is

ounces

1 Bottle = 16 ounces
Target Short Tumbler = 18 ounces
Target Tall Tumbler = 26 ounces
Red Solo Cup = 18 ounces