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## How much water should you drink in a day?

Take your body weight in pounds/divide by 2      That's how many ounces you need on a typical day!

An example: weight 120 pounds divide by 2 is 60. Drink 60 ounces of water a day or 7 ½ cups.

One solution:

Make it delicious! Try these water flavors and then try some others that sound good.

Lemon and Cucumber

Raspberry and Lime

Pineapple and orange and a sprig of mint

Strawberry and Blueberry and a Basil leaf

Just put the mixture of your choosing in a container (mason jars work great or a glass pitcher). Use 1 cup of fruit and add 2 sprigs of herbs such as basil or thyme or mint. Use 8 cups of clean filtered water if possible. Chill in the fridge till cold. Drink throughout the day.