

Water Intake Chart

Printable hydration reference for daily water planning around body weight, heat and training.

Body weight	Baseline water target	Training/hot day add-on
50 kg	1.5-1.8 L	+0.5-1.0 L
60 kg	1.8-2.1 L	+0.5-1.0 L
70 kg	2.1-2.5 L	+0.5-1.2 L
80 kg	2.4-2.8 L	+0.5-1.2 L
90 kg	2.7-3.2 L	+0.7-1.5 L

How to use this printable

Hydration needs change with sweat, heat, sodium intake, body size and training duration.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

Water Intake Calculator: <https://tools.layna.com.au/nutrition/water-intake-calculator/>

Water Intake Guide: <https://tools.layna.com.au/blog/water-intake-guide/>

Hydration For Training Performance: <https://tools.layna.com.au/blog/hydration-for-training-performance/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.