

Oz Need by Weight and Activity

lbs	Oz per day			
	sedentaryoz	active oz	very active oz	athlete oz.
6	3.916	4.576	5.236	5.874
7	4.4	5.126	5.874	6.6
8	4.862	5.676	6.49	7.304
9	5.324	6.204	7.084	7.964
10	5.742	6.71	7.678	8.624
11	6.182	7.216	8.228	9.262
12	6.6	7.7	8.8	9.9
13	6.996	8.162	9.328	10.516
14	7.414	8.646	9.878	11.11
15	7.788	9.108	10.406	11.704
16	8.184	9.548	10.912	12.276
17	8.558	9.988	11.418	12.848
18	8.932	10.428	11.924	13.42
19	9.306	10.868	12.408	13.97
20	9.68	11.286	12.892	14.52
22	10.384	12.122	13.86	15.598
25	11.44	13.354	15.246	17.16
27	12.122	14.146	16.148	18.172
30	13.112	15.29	17.49	19.668
32	13.772	16.06	18.348	20.636
35	14.718	17.182	19.624	22.088
37	15.356	17.908	20.46	23.012
40	16.28	18.986	21.692	24.398
42	16.874	19.69	22.506	25.322
45	17.776	20.746	23.694	26.664
47	18.37	21.428	24.486	27.544
50	19.228	22.44	25.652	28.864
52	19.8	23.122	26.422	29.722
55	20.658	24.112	27.544	30.998
57	21.23	24.75	28.292	31.834
60	22.044	25.74	29.414	33.088
62	22.594	26.378	30.14	33.902
65	23.43	27.324	31.218	35.134
67	23.958	27.94	31.944	35.926
70	24.75	28.886	33	37.136
75	26.07	30.426	34.76	39.116
80	27.368	31.922	36.498	41.052
85	28.644	33.418	38.192	42.966
90	29.898	34.87	39.864	44.836
95	31.13	36.322	41.514	46.684
100	32.34	37.752	43.142	48.532
105	33.55	39.16	44.748	50.336
110	34.738	40.546	46.332	52.118
115	35.926	41.91	47.894	53.878
120	37.092	43.274	49.456	55.638
125	38.236	44.616	50.996	57.376
130	39.38	45.958	52.514	59.07
135	40.524	47.278	54.032	60.786
140	41.646	48.576	55.506	62.458
145	42.746	49.874	57.002	64.13
150	43.846	51.15	58.454	65.78
160	46.024	53.702	61.358	69.036
170	48.158	56.188	64.218	72.248
180	50.27	58.652	67.034	75.416
190	52.36	61.072	69.806	78.54
200	54.406	63.47	72.534	81.62

oz per week			
sedentary oz	active oz	very active oz	athlete oz.
27.412	32.032	36.652	41.118
30.8	35.882	41.118	46.2
34.034	39.732	45.43	51.128
37.268	43.428	49.588	55.748
40.194	46.97	53.746	60.368
43.274	50.512	57.596	64.834
46.2	53.9	61.6	69.3
48.972	57.134	65.296	73.612
51.898	60.522	69.146	77.77
54.516	63.756	72.842	81.928
57.288	66.836	76.384	85.932
59.906	69.916	79.926	89.936
62.524	72.996	83.468	93.94
65.142	76.076	86.856	97.79
67.76	79.002	90.244	101.64
72.688	84.854	97.02	109.186
80.08	93.478	106.722	120.12
84.854	99.022	113.036	127.204
91.784	107.03	122.43	137.676
96.404	112.42	128.436	144.452
103.026	120.274	137.368	154.616
107.492	125.356	143.22	161.084
113.96	132.902	151.844	170.786
118.118	137.83	157.542	177.254
124.432	145.222	165.858	186.648
128.59	149.996	171.402	192.808
134.596	157.08	179.564	202.048
138.6	161.854	184.954	208.054
144.606	168.784	192.808	216.986
148.61	173.25	198.044	222.838
154.308	180.18	205.898	231.616
158.158	184.646	210.98	237.314
164.01	191.268	218.526	245.938
167.706	195.58	223.608	251.482
173.25	202.202	231	259.952
182.49	212.982	243.32	273.812
191.576	223.454	255.486	287.364
200.508	233.926	267.344	300.762
209.286	244.09	279.048	313.852
217.91	254.254	290.598	326.788
226.38	264.264	301.994	339.724
234.85	274.12	313.236	352.352
243.166	283.822	324.324	364.826
251.482	293.37	335.258	377.146
259.644	302.918	346.192	389.466
267.652	312.312	356.972	401.632
275.66	321.706	367.598	413.49
283.668	330.946	378.224	425.502
291.522	340.032	388.542	437.206
299.222	349.118	399.014	448.91
306.922	358.05	409.178	460.46
322.168	375.914	429.506	483.252
337.106	393.316	449.526	505.736
351.89	410.564	469.238	527.912
366.52	427.504	488.642	549.78
380.842	444.29	507.738	571.34