**Formula-**

**Inputs**

Sex-

Age Group-

Height-

Weight-

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Season/Temperature-

Winter

Normal

Summer

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Activity Level-

Lightly Active (Do some exercise or Sedentary Job)

Moderately Active (Do Some exercise or Active job)

Very Active (Do intense workout or Outdoor job)

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**Process-1**

Step-1

Calculate BMI- Weight (in Kg)/Height \* Height (in meter)

If the result is <25 then We will skip to step -2 (for result of process-1)

If the result is >25 then ; the result for process-1 = Weight (in pound)\*0.666666 = result in ounce (oz)

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If the result was <25 then follow this table to get result of process-1

|  |  |  |
| --- | --- | --- |
|  | Age Group | Water intake in ml |
| Female | 14-18 | 2300 |
|  | 19-30 | 2700 |
|  | 31-50 | 2700 |
|  | 50+ | 2700 |
| Male | 14-18 | 3300 |
|  | 19-30 | 3700 |
|  | 31-50 | 3700 |
|  | 50+ | 3700 |

Now we get result for Process-1

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Process-2

Season-

If Winter - (-10% Change of process-1)

If Normal - (0% Change of process-1)

If Summer- (+10% Change of process-1)

Now we get result for process-2

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Process-3

Activity Level-

If Lightly Active (Sedentary) - (0% Change of process-2)

If Moderately Active - (+10% Change of process-2)

If Very Active- (+20% Change of process-2)

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The final result will be show in Liter. (1000ml = 1 ltr) for metric option and

in Ounce for Imperial option.

-If it is liter then- round of with one digit after the decimal point- for 3.9870 to 3.9 liter

- If it is Ounce then - Round of the whole number- 104.6745 ounce to 105 Ounce