

WEIGHT	WATER OUNCES DAILY	WRAP WATER OUNCES DAILY	# 16 OUNCE BOTTLES
120	60	76	5
125	62.5	78.5	5
130	65	81	5
135	67.5	83.5	5
140	70	86	5
145	72.5	88.5	6
150	75	91	6
155	77.5	93.5	6
160	80	96	6
165	82.5	98.5	6
170	85	101	6
175	87.5	103.5	6
180	90	106	7
185	92.5	108.5	7
190	95	111	7
195	97.5	113.5	7
200	100	116	7
205	102.5	118.5	7
210	105	121	8
215	107.5	123.5	8
220	110	126	8
225	112.5	128.5	8
230	115	131	8
235	117.5	133.5	8
240	120	136	9
245	122.5	138.5	9
250	125	141	9
255	127.5	143.5	9
260	130	146	9
265	132.5	148.5	9
270	135	151	9
275	137.5	153.5	10
280	140	156	10
285	142.5	158.5	10
290	145	161	10
295	147.5	163.5	10
300	150	166	10