

HOW MUCH WATER SHOULD I DRINK A DAY?

Teenagers

Girls - 1.5 liters of water per day
Boys - 1.9 liters of water per day

Children aged 9 to 13

Girls - 1.4 liters of water per day
Boys 1.6 liters of water per day

Children aged 4 to 8

1.2 liters of water per day

Children aged 2 to 3

1 liter of water a day

