



Help & Hope for Children
with Digestive Disorders
www.GIKids.org

Water Tracker

Cups	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Mon														
Tue														
Wed														
Thu														
Fri														
Sat														
Sun														

Drink your water!

Guidelines by age (1 cup = 8 oz):

1 – 3 years: 5–6 cups/day (45–50 oz) **9–13 years:** males, 10-11 cups/day (80-85 oz); females, 8-9 cups/day (70-75 oz)

4 – 8 years: 7–8 cups/day (55–60 oz) **14 –18 years: males,** 12-14 cups/day (96-112 oz); females, 9–10 cups/day (72–80 oz)

The amount of water recommended is a general guideline – water needs may vary based on individual needs.
Please consult your physician/dietitian if you have concerns.

Your fluid goal is: _____ . Fill in the cups to keep track of how much you drink during the day!

➔ **Locate a Pediatric Gastroenterologist**

IMPORTANT REMINDER: This information from the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN) is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.



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