

Back To Life Chiropractic 4201 W Highway 146 LaGrange, KY 40031 502.241.1122

Hydration Goal

	aily v	VATE	R INTAKE
72.8%	WEIGHT	WATER	WATER BOTTLE 16.9 OUNCES
	80 lbs	40 oz.	2
	100 lbs	50 oz.	3
	120 lbs	60 oz.	4
	140 lbs	70 oz.	4
	160 lbs	80 oz.	5
	180 lbs	90 oz.	5
	200 lbs	100 oz.	6
	220 lbs	110 oz.	7
	240 lbs	120 oz.	7
	260 lbs	130 oz.	8
	280 lbs	140 oz.	8
	300 lbs	150 oz.	9
	320 lbs	160 oz.	10

Weight:

Goal:



Back to Life Water Bottle

- Stainless steel with copper insulation
- 17 oz. capacity
- Insulated bottle
- Removable screw-on cap
- Care Instructions: Hand wash only. Not dishwasher safe.'
- Note: This bottle keeps drinks hot for 12 hours and cold for 48 hours.

Insulated and practical

This vacuum bottle features copper insulation which is great for keeping drinks hot for 12 hours and cold for 48 hours – from hot coffee to iced tea. It's perfect for camping, hiking, outdoor events, summer excursions and more.