

# Fluids



Age	Gender	Total Fluids per day
4-8 years old	Female Male	1000 - 1400mls 1000 - 1400mls
9-13 years old	Female Male	1200 - 2100mls 1400 - 2300mls
14-18 years old	Female Male	1400 - 2500mls 2100 - 3200mls

