

## TRY THIS!

### How many **GALLONS** Are You??



#### Are you a Human being or a Water being? Let's find out!

1. Weigh yourself. Write that number in pounds.
2. Multiply your weight by 2.
3. Divide your answer by 3 (this answer is the approx. number of pounds of water in your body).
4. Since a quart of water weighs about 2 pounds, divide your last answer by 2.
5. Since there are 4 quarts in a gallon, divide again by 4.
6. So....there are how many gallons of water in YOUR body??

*Your answer should represent about 65% or 2/3 of your body weight.*