

Forum:[Hack Forums](#)

Thread: [Drinking water](#)

Psychedelic. - February 3, 2020, 6:21 am

How much water do HF users drink daily? I drink at least a gallon.

SIM-2315787 - February 3, 2020, 6:22 am

Im trying to drink as much as possible. However I sometimes totally forget.

Psychedelic. - February 3, 2020, 6:22 am

(Feb 3, 2020 07:22 AM)music_in_me227 Wrote: [\[CITE\]](#) Im trying to drink as much as possible. However I sometimes totally forget. Sometimes I just don't feel like drinking.

DrDoof - February 3, 2020, 6:23 am

Don't know how much a gallon is but I drink one or two liters, more in the summers when I actually go outside and move around

Snowwy - February 3, 2020, 6:26 am

I am trying to drink a lot more over the last couple of months. I really do feel so much better on the days where I drink more water. I have cut out a fair bit of soda also which I think helps.

Citoo - February 3, 2020, 7:22 am

I really want to drink more water but I always forget. I only drink about a litre and a half. Does anyone have any tips for not forgetting?

Zinx™ - February 3, 2020, 7:29 am

Only drink water if I'm bulking and on cycle around 5-6li litres off cycle 2 a day

Geralt - February 3, 2020, 8:11 am

3 liters max. (0.8 gallons). Otherwise, I'm going to the bathroom every 30 minutes.

funtela - February 3, 2020, 8:13 am

I try and drink a gallon a day. I manage to drink about half most of the time.

passCODE - February 3, 2020, 8:15 am

Every day 3-4 liters of pure water and then probably 2 more in protein shakes and smoothies. I sweat a lot and take creatine so I need a lot of water.

rsx - February 3, 2020, 8:24 am

I usually refill my water bottle 4-5 times a day. Been drinking nothing but water recently, used to drink soda all the time.

Luca - February 3, 2020, 8:38 am

Around 1.5-2 liters daily

Swizzer - February 3, 2020, 8:56 am

Drink a lot of water when at the gym but not so much when i'm home I tend to drink milk & water

Psychedelic - February 3, 2020, 9:04 am

(Feb 3, 2020 09:56 AM)Swizzer Wrote: [\[CITE\]](#) Drink a lot of water when at the gym but not so much when i'm home I tend to drink milk & water
Milk is one of my favorites.

V?rt - February 3, 2020, 9:16 am

I drink about a gallon a day. I eat less in a day when I drink more water so I try to constantly drink

Charlemagne - February 3, 2020, 9:21 am

No idea, I only drink water, and usually only when I am thirsty. I have a two liter water bottle, also two half liter ones. Refill once every two days

Prepper - February 3, 2020, 9:21 am

I usually drink around 3 16floz bottles of spring water per day.

sp??k? - February 3, 2020, 9:25 am

I try to drink at least 2 liters water a day, sometimes more when i workout & in summer ofcourse.

Grey - February 3, 2020, 9:59 am

The last couple weeks it's probably been a couple liters a day. It's been a while since i've bought soft drinks from the store. The only time I have those is when i'm eating out, which hasn't been often.

Instagram - February 3, 2020, 12:05 pm

I try to drink 8 bottles or so a day and FYI Arrowhead is the nastiest water on the planet!

V?rt - February 3, 2020, 2:32 pm

(Feb 3, 2020 03:04 PM)Stephen Wrote: [\[CITE\]](#) I bet it makes you feel a lot more fresh.
A ton! I cut out soda's, I drink 1 every other weekend now and it's fantastic

Lorem Ipsum - February 3, 2020, 2:36 pm

(Feb 3, 2020 07:23 AM)DrDoof Wrote: [\[CITE\]](#) Don't know how much a gallon is but I drink one or two liters, more in the summers when I actually go outside and move around
Same here, but not daily. More of a soda person in general although it's not that healthy.

banonkiel - February 3, 2020, 2:42 pm

I have been trying for a long time to drink water consistently.

The way that worked best for me so far is to have water in front of me at all time, whenever I feel thirsty I drink.

I found the solution to most of my problems is to just make things more accessible to me, this way I can keep them on my mind when I'm busy with other stuff.

Edit: oh sh/t forgot to say how much I drink, I drink around 2-3 liters a day plus other drinks but I don't count those as water.

Nate - February 3, 2020, 10:23 pm

3 gallons a day, gotta stay hydrated especially with my condition.

SIM-4577611 - February 6, 2020, 10:12 am

I drink a few cups of water a day. I should drink more though.

Vibe - February 6, 2020, 10:37 am

Over a gallon. I drink a lot at work.

SIM-4577611 - February 6, 2020, 4:46 pm

Sometimes I don't drink water but I drink juice, soda, and milk.

Spiritual - February 6, 2020, 4:52 pm

(Feb 3, 2020 07:21 AM)Psychedelic. Wrote: [\[CITE\]](#) How much water do HF users drink daily? I drink at least a gallon.

Drink a few bottles a day but has to be room temp for me

Nate - February 6, 2020, 10:43 pm

(Feb 6, 2020 05:52 PM)Spiritual Wrote: [\[CITE\]](#) Drink a few bottles a day but has to be room temp for me

I would reccomend getting a resuable like 3 gallon one so u can have it and stay hydrated the whole day

Linux X - February 6, 2020, 11:17 pm

I'm drinking about 2L per day.

Stork - February 6, 2020, 11:24 pm

I would say probably around 2-3 cups of water a day.

Snowwy - February 7, 2020, 3:30 am

(Feb 7, 2020 12:24 AM)Stork Wrote: [\[CITE\]](#) I would say probably around 2-3 cups of water a day. You should try drinking some more and you'll notice how better you feel.

milw0rm - February 7, 2020, 3:39 am

(Feb 7, 2020 12:17 AM)? GRAPHIC PLEASURE ? Wrote: [\[CITE\]](#) I'm drinking about 2L per day. Same here about 2-3 L per day.

SIM-3323508 - February 7, 2020, 5:29 am

I try to have 5-6 glasses per day I definutely start and end the day with a glass

Geass - February 7, 2020, 5:58 am

Lately I drink too much coffee and other drinks so water not too much, I need to stop it.

WalterE - February 7, 2020, 7:14 am

I usually drink 3-4 liters a day so about a gallon a day

?ystem - February 7, 2020, 7:48 am

That's something I really need to get into the habit of doing, drinking more water throughout my day. I stay hydrated and all that, I just don't really make the conscious choice to drink specifically water throughout the day.

Dr. Einyel - February 7, 2020, 8:07 am

(Feb 3, 2020 07:24 AM)Stephen Wrote: [\[CITE\]](#) When at work I rent to drink 1 Litre every 2 hour.

So about 4 litres a day.

how often do you go to the bathroom? ?

Dr. Einyel - February 7, 2020, 8:09 am

(Feb 7, 2020 09:09 AM)Stephen Wrote: [\[CITE\]](#) When in work a lot, I try go once/twice every hour just

to go on my phone sometimes I pee often sometimes I don't.
With that much water, you should

SIM-4577611 - February 7, 2020, 9:57 pm

Water is essential so I try to drink a few cups per day. Different flavor waters are cool as well.

Exe - February 8, 2020, 3:12 am

I drink about like 10 bottles of water everyday

SIM-4577611 - February 8, 2020, 9:56 am

Honestly sometimes I don't drink water I drink juices and maybe milk or other liquids but yeah water is really good stuff.

Pink Floyd - February 8, 2020, 10:37 am

I drink water frequent enough times while at work, but during my day offs I can't even remember when was the last hour I drank a glass of water lol.

SIM-4577611 - February 8, 2020, 12:22 pm

Now that I think of it I should definitely be drinking more water I only drink a few cups per day. I drink soda and milk but water is important too so yeah.

Loukas - February 8, 2020, 12:42 pm

I try to have at least 4-6 8 ounce cups a day. Definitely more then that if you include water from other various drinks, and food intake.

SIM-4577611 - February 9, 2020, 5:41 pm

Props to all the HF users who drink a gallon or more a day. I drink about half a gallon a day sometimes less but yeah. I could definitely try drinking some more.

Geass - February 10, 2020, 2:21 am

It also depends on the season, summer I also drink a lot.

dookiemann98 - February 10, 2020, 2:33 am

i am for a gallon a day but i end up peeing a shit ton

SIM-4577611 - February 10, 2020, 4:57 pm

Today I drank about half a gallon of water I try to drink as much water as I can.

SIM-4577611 - February 12, 2020, 4:59 pm

Today I drank about less than a half a gallon of water. I usually average half a gallon a day. I think the last time I drank a gallon in a day was a year ago maybe more.

Exe - February 12, 2020, 5:12 pm

I heard drinking alot of water helps the skin to fight pimples

Phase - February 12, 2020, 5:20 pm

I am drinking water only when thirsty. If you're scared that you drink less water than your body needs then follow the 8x8 rule and you should be fine. Eight 8-ounce glasses of water each day.

SIM-4577611 - February 12, 2020, 5:22 pm

(Feb 12, 2020 06:20 PM)Phase Wrote: [\[CITE\]](#) I am drinking water only when thirsty. If you're scared that you drink less water than your body needs then follow the 8x8 rule and you should be fine. Eight 8-ounce glasses of water each day.

Pretty cool rule to follow I usually just drink when I'm thirsty.

Exe - February 12, 2020, 5:25 pm

(Feb 12, 2020 06:22 PM)SIM-4577611 Wrote: [\[CITE\]](#) Pretty cool rule to follow I usually just drink when I'm thirsty.

Yeah you need a girlfriend if you are always thirsty

Exe - February 12, 2020, 5:28 pm

(Feb 12, 2020 06:27 PM)Lowkey Wrote: [\[CITE\]](#) Enough to sink a ship. All my homies hydrated. Damn baby you always hydrated I like that

Vantos - February 12, 2020, 5:36 pm

I drink around 10 liters per day. I am going to reduce it to around 6 as I don't want to keep that much water in my body

GodHyperus - February 12, 2020, 6:21 pm

I'm drinking about 2L per day

Exe - February 12, 2020, 6:22 pm

(Feb 12, 2020 06:36 PM)Vantos Wrote: [\[CITE\]](#) I drink around 10 liters per day. I am going to reduce it to around 6 as I don't want to keep that much water in my body
10 liters bro you must be hella bloated lol

Phase - February 12, 2020, 6:24 pm

(Feb 12, 2020 06:36 PM)Vantos Wrote: [\[CITE\]](#) I drink around 10 liters per day. I am going to reduce it to around 6 as I don't want to keep that much water in my body
I am not a water intake expert, but that's not healthy for sure. 10 liters is way too much and it may actually have negative consequences on your body.

Vantos - February 12, 2020, 6:25 pm

(Feb 12, 2020 07:24 PM)Phase Wrote: [\[CITE\]](#) I am not a water intake expert, but that's not healthy for sure. 10 liters is way too much and it may actually have negative consequences on your body.
I do have, I feel the need to pee so often :D

SIM-4577611 - February 12, 2020, 6:28 pm

(Feb 12, 2020 07:25 PM)Vantos Wrote: [\[CITE\]](#) I do have, I feel the need to pee so often :D
I think too much water can be bad but drinking too little is also bad.

Exe - February 12, 2020, 6:37 pm

Imagine drinking so much water you turned into aquaman

pythonalina - February 13, 2020, 7:20 am

Usually i drink 5-6 glasses of water while i am working at computer, but when i am outside sometimes i don't remember to drink water at all and that is not good thing to forget.

SIM-4577611 - February 13, 2020, 7:30 am

(Feb 13, 2020 08:20 AM)pythonalina Wrote: [\[CITE\]](#) Usually i drink 5-6 glasses of water while i am working at computer, but when i am outside sometimes i don't remember to drink water at all and that is not good thing to forget.

Sometimes I forget to drink water too. So far today I drank about 1 cup.

pythonalina - February 13, 2020, 7:35 am

(Feb 13, 2020 08:30 AM)SIM-4577611 Wrote: [\[CITE\]](#) Sometimes I forget to drink water too. So far

today I drank about 1 cup.

an alarm reminder on phone, might do its job, but i already have to many alarm reminders on my phone, it will completely mess up if i ad a water reminders there as well.

SIM-4577611 - February 13, 2020, 9:36 am

(Feb 13, 2020 08:35 AM)pythonalina Wrote: [\[CITE\]](#) an alarm reminder on phone, might do its job, but i already have to many alarm reminders on my phone, it will completely mess up if i ad a water reminders there as well.

Yeah sounds cool but I am not good with phone reminders especially to drink water haha

Bastille - February 13, 2020, 9:37 am

Almost nothing, maybe 0.5L when I'm thirsty, stopped drink beer recently so I hope I will drink more

Need to stay in good health I guess

SIM-4577611 - February 13, 2020, 10:17 am

(Feb 13, 2020 10:37 AM)Yseurk Wrote: [\[CITE\]](#) Almost nothing, maybe 0.5L when I'm thirsty, stopped drink beer recently so I hope I will drink more

Need to stay in good health I guess

Yeah I guess water helps with health I try to drink enough. Usually drink about a half gallon a day.

Dhoroty - February 13, 2020, 10:28 am

Water?! Nah, mostly coffee, or energy drink. Not a healthy lifestyle, but mine.

Bastille - February 13, 2020, 10:34 am

(Feb 13, 2020 11:17 AM)SIM-4577611 Wrote: [\[CITE\]](#) Yeah I guess water helps with health I try to drink enough. Usually drink about a half gallon a day.

lol, congrats for your award, now stop following me that's creepy dude ?