



AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		<u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		
8		