

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	YOU NEED TO DRINK MORE WATER!
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