



ARE YOU HYDRATED?

THIS URINE COLOR CHART IS A SIMPLE TOOL YOU CAN USE TO ASSESS IF YOU ARE DRINKING ENOUGH FLUIDS TO STAY HYDRATED.

HYDRATED

Optimal

Well-hydrated

Drink more water within the hour

DEHYDRATED

Drink more water, NOW!

BE AWARE! IF YOU ARE TAKING VITAMIN SUPPLEMENTS, IT IS POSSIBLE FOR THESE SUPPLEMENTS TO CHANGE THE COLOR OF YOUR URINE FOR A FEW HOURS, MAKING IT BRIGHT YELLOW OR DISCOLORED. THIS MAY MEAN YOU NEED TO CHECK YOUR HYDRATION STATUS USING ANOTHER METHOD.

