




HYDRATION ASSESSMENT CHART

Using the colour of your urine is an effective and easy way to tell you about your hydration!



Transparent

You're overhydrated! Hold off on the water a little bit.



Pale Yellow

This is optimal hydration! Keep doing what you're doing.



Yellow

You're still hydrated and doing great.



Amber

You are mildly dehydrated - it's time to drink some water.



Burnt Orange

You are definitely dehydrated! Drink some water straight away

