

Am I Hydrated?

Urine Color Chart

1		If your urine matches these colors, you are hydrated and are drinking enough fluids. Continue drinking water to stay at this ideal color
2		
3		
4		Dehydrated: You may suffer from cramps & other heat-related problems
5		
6		<p>Health Risk: You are very dehydrated.</p> <p>Note: Supplements, vitamins and foods like beets can cause urine to change these colors.</p> <p>What to do:</p> <ul style="list-style-type: none"> • Let your athletic trainer know as you may need be examined by your physician. • Write down what you eat and supplements you take • Drink 80 oz. of water or half your body weight in ounces, whichever is higher • Eat balanced meals • Avoid caffeine • Supplement water with sports drinks
7		
8		