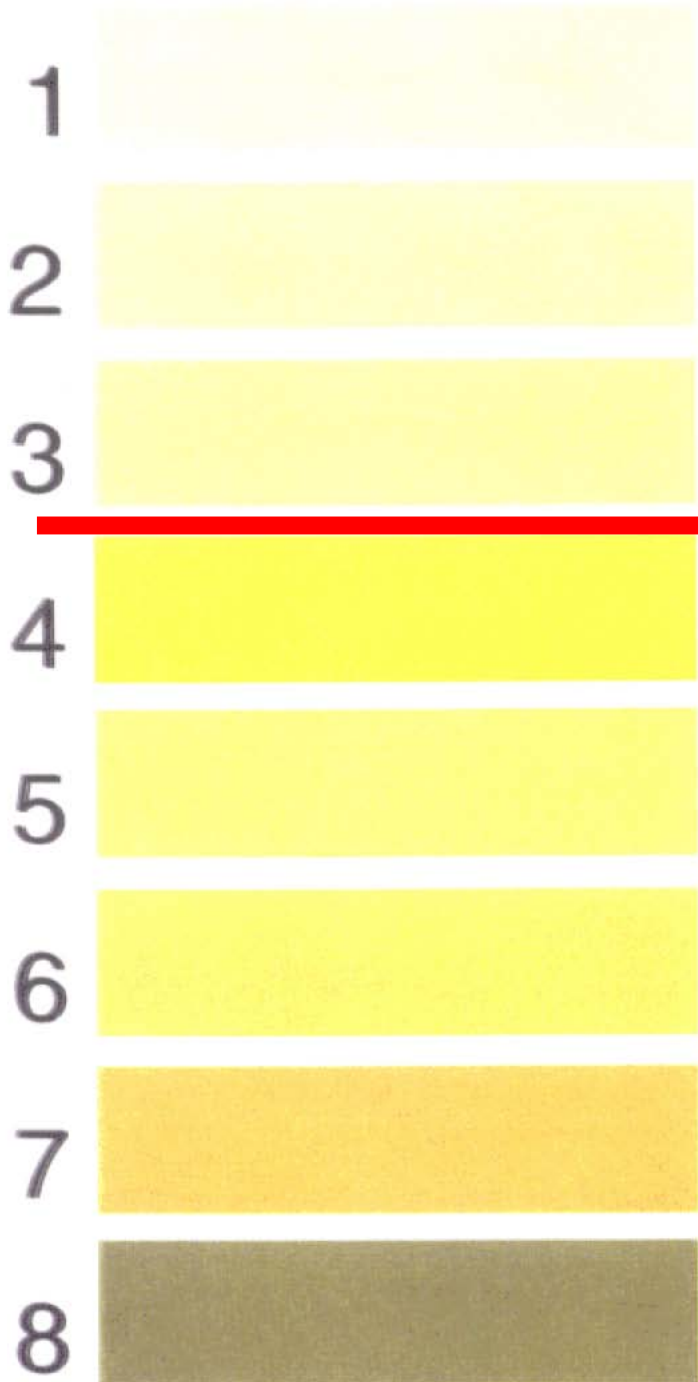


AM I HYDRATED?

Urine Color Chart



This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.

If your urine matches the colors numbered **1, 2, or 3** you are hydrated. Continue to consume fluids at the recommended amounts.

If your urine matches the colors below the **RED** line you are **DEHYDRATED** and at risk for heat illness. You need to **DRINK more WATER.**

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.