

# INDEXES OF HYDRATION STATUS

HYDRATION STATUS	% CHANGE BODY WEIGHT	URINE COLOR	URINE SPECIFIC GRAVITY
SELF-HYDRATION	+1 TO -1	1 OR 2	< 1.010
MINIMUM DEHYDRATION	-1 TO -3	3 OR 4	1.010 - 1.020
SIGNIFICANT DEHYDRATION	-3 TO -5	5 OR 6	1.021 – 1.030
SEVERE DEHYDRATION	> -5	>6	> 1.030



SOURCE: NATA