

# AM I HYDRATED?

## Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume water at the recommended amounts.
4		If your urine color is below the <b>RED</b> line, you are
5		<b><u>DEHYDRATED</u></b> and at risk for cramping and/or a heat illness!!!
6		<b><u>YOU NEED TO DRINK MORE WATER!!!</u></b>
7		
8		