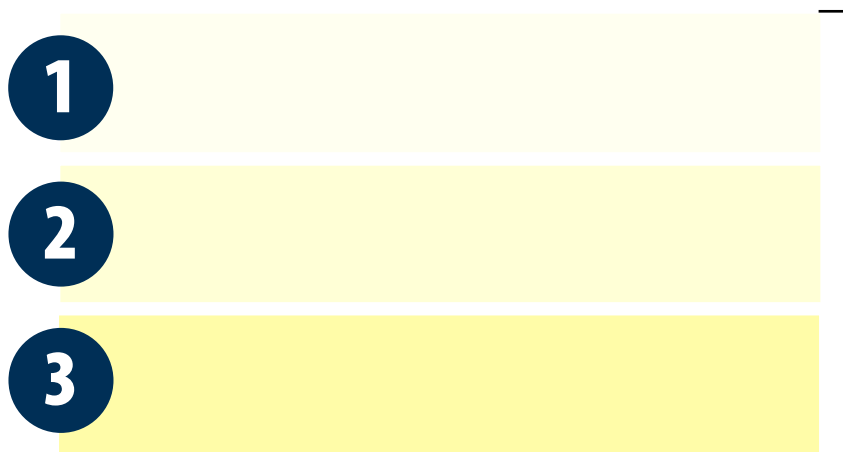
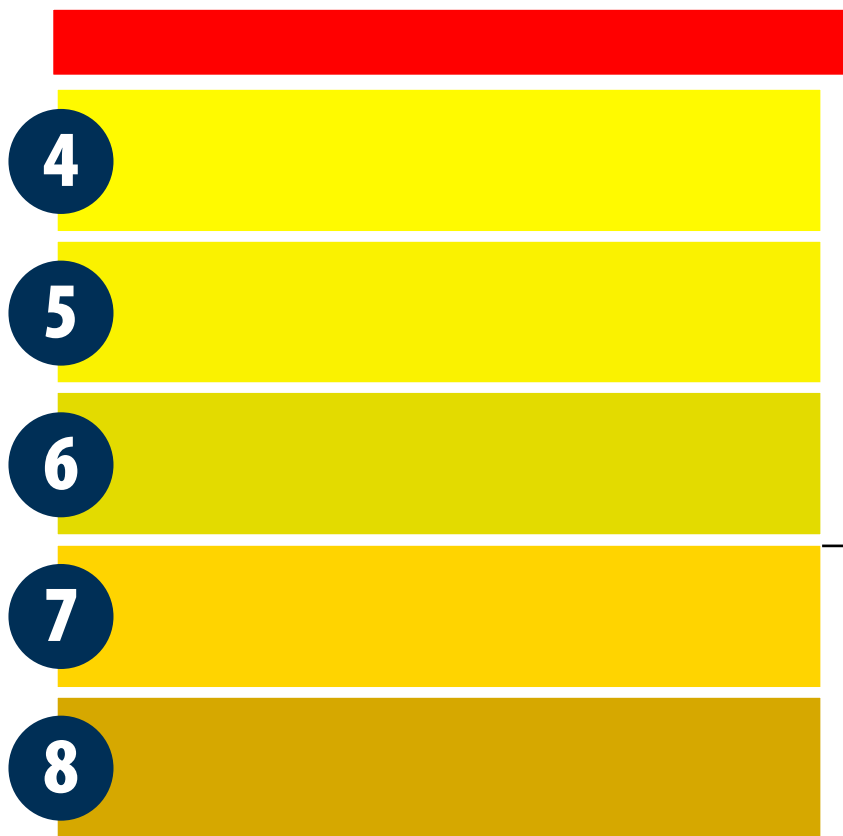


Am I Drinking Enough Water?

URINE COLOR CHART



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



If your urine color is **below the RED line**, you are **DEHYDRATED** and at risk for cramping and/or a heat illness!

YOU NEED TO DRINK MORE WATER!

If your urine matches the colors 7 or 8, you are severely dehydrated. **YOU SHOULD NOTIFY MEDICAL STAFF IMMEDIATELY!**

Symptoms of severe dehydration include very little, dark, cloudy urine.