

HYDRATION ASSESSMENT CHART

ATHLETE NAME
DATE
TRAINING PHASE

Level	Urine Color Indicator	Assessment / Action Required
Level 1-2	Pale Straw	Optimal. Maintain current fluid intake strategy.
Level 3	Light Yellow	Well Hydrated. Drink 250ml water before starting session.
Level 4-5	Yellow	Mild Dehydration. Consume 500ml fluids immediately.
Level 6-7	Amber / Gold	Dehydrated. Rehydrate with electrolytes. Performance impaired.
Level 8+	Dark Brown	Severe Dehydration. Seek medical advice. Do not train.

PRE-TRAINING WEIGHT (KG)
POST-TRAINING WEIGHT (KG)

NOTES / SYMPTOMS (CRAMPING, FATIGUE, DIZZINESS)