

HYDRATION MONITORING CHART

Clinical Reference Guide

- 1. Optimal Hydration** Clear or very pale. Maintain current fluid intake.
 - 2. Well Hydrated** Light straw color. Normal range.
 - 3. Adequately Hydrated** Pale yellow. Continue regular intake.
 - 4. Mildly Dehydrated** Bright or neon yellow. Increase water consumption.
 - 5. Dehydrated** Deep yellow. Drink a glass of water immediately.
 - 6. Severely Dehydrated** Amber or honey. Significant fluid replacement required.
 - 7. Critical Warning** Dark brown/orange. Seek clinical guidance.
- Note: Vitamins and certain foods may alter urine color. This is a general monitoring tool only.