

HYDRATION STATUS CHART

Daily Monitoring Guide

Optimal Hydrated. Continue current fluid intake.

Good Healthy level of hydration.

Fair Drink a glass of water now.

Mild Dehydration Increase fluid intake immediately.

Dehydrated Drink a large bottle of water immediately.

Very Dehydrated Severe lack of fluids. Rehydrate urgently.

Severe Dehydration Seek medical advice if symptoms persist.

Note: Certain vitamins, supplements, and foods can alter urine color.