

URINE COLOR CHART

Hydration Assessment Tool

1. **Clear** Optimal / Over-hydrated
2. **Pale Straw** Healthy / Well Hydrated
3. **Transparent Yellow** Normal
4. **Dark Yellow** Early Dehydration - Drink Water
5. **Amber / Honey** Dehydrated - Increase Intake
6. **Deep Syrup** Severe Dehydration
7. **Brownish** Critical / Seek Medical Advice

Note: Certain vitamins and foods may alter urine color.