

HYDRATION MONITOR

Daily Urine Color Reference Chart

Optimal Hydrated. Maintain current fluid intake.

Normal Well hydrated. Drink as per thirst.

Fair Drink a glass of water now.

Dehydrated Increase fluid intake immediately.

Severely Dehydrated Drink large amounts of water.

Warning Possible heat exhaustion or illness.

Critical Contact a medical professional.

Note: Supplements and certain foods may alter urine color.