HYDRATION ASSESSMENT CHART

Standardized Fitness & Readiness Protocol

UNIT / PLATOON: _____
DATE/TIME: _____
PERSONNEL NAME: _____
MOS / DUTY: _____

Color	Condition	Required Action
	1. Optimal	Hydrated. Maintain current fluid intake protocol.
	2. Well	Hydrated. Normal physiological status.
	3. Sufficient	Adequate. Consuming water as per activity level.
	4. Mildly Low	Dehydration onset. Consume 500ml water immediately.
	5. Dehydrated	Action Required. Increase intake; monitor for fatigue.
	6. Warning	Significant dehydration. Seek shade; prioritize rehydration.
	7. Severe	Danger. Medical oversight may be required if sustained.

Color	Condition	Required Action
	8. Critical	Heat Injury Risk. Notify Medic/NCOIC immediately.

Command Guidance:

- Vitamins and supplements may alter urine color artificially.
- Thirst is a late indicator of fluid requirement.
- Follow the established Work/Rest cycle based on Heat Category.