

HYDRATION ASSESSMENT

Urine Color Indicator Guide

1. Optimal

Hydrated. Maintain current fluid intake.

2. Good

Hydrated. Normal range.

3. Fair

Drink a small glass of water now.

4. Mild Dehydration

Drink half a liter of water within the hour.

5. Dehydrated

Drink water immediately.

6. Very Dehydrated

Increase fluid intake significantly.

7. Severe Dehydration

Urgent hydration required.

8. Danger

Seek medical advice if color persists.

Note: Certain vitamins, supplements, and medications may affect urine color. This chart is for general reference only.