

HYDRATION ASSESSMENT

Elite Performance Monitoring

ATHLETE: _____ DATE: ____ / ____ / ____

Optimal Hydration / Clear	1
Well Hydrated / Pale Straw	2
Adequate Hydration / Light Yellow	3
Mild Dehydration / Yellow	4
Dehydrated / Dark Yellow	5
Significant Dehydration / Amber	6
Severe Dehydration / Burnt Orange	7
Critical Dehydration / Brown	8

SCORES 1 - 3 OPTIMAL RANGE

SCORES 4 - 6 INCREASE FLUID INTAKE

SCORES 7 - 8 IMMEDIATE INTERVENTION

Note: Certain vitamins and supplements may alter urine color. Use as a general performance guide only.