

HYDRATION ASSESSMENT CHART

Urine Color Reference Guide

OPTIMAL HYDRATION

- 1. Optimal** Body is perfectly hydrated. Maintain current fluid intake.
- 2. Well Hydrated** Normal, healthy hydration level.
- 3. Adequately Hydrated** Drink a small glass of water to maintain levels.

ACTION REQUIRED

- 4. Mildly Dehydrated** Increase fluid intake now.
- 5. Dehydrated** Drink a large glass of water immediately.
- 6. Very Dehydrated** Urgent: Rehydrate immediately with water/electrolytes.
- 7. Severe Dehydration** Seek medical advice if symptoms persist.

Note: Certain vitamins, supplements, and medications may alter urine color.
This chart is for informational purposes only.