

HYDRATION CHART

Urine Color Analysis Reference

Optimal Hydrated. Keep it up.

Normal Well hydrated.

Fair Drink a glass of water now.

Mild Dehydration Drink 250ml of water immediately.

Dehydrated Increase water intake significantly.

Very Dehydrated Urgent fluid replacement needed.

Severe Dehydration Seek medical advice if persisting.

Critical / Warning Check for blood or kidney issues.

Note: Vitamins and certain foods may alter urine color.