

HYDRATION GUIDE

Wellness Center Monitoring Chart

OPTIMAL Hydrated. Maintain current intake.

GOOD Healthy level of hydration.

FAIR Drink a glass of water now.

MILDLY DEHYDRATED Increase fluid intake immediately.

DEHYDRATED Drink 500ml of water soon.

VERY DEHYDRATED Significant fluid replacement needed.

SEVERE WARNING Consult a health professional.

Note: Vitamins and certain foods may change urine color.