

HYDRATION MONITOR

Check your hydration level using the chart below

Optimal You are well hydrated. Keep it up.

Good Hydration is adequate.

Fair Drink a glass of water now.

Dehydrated Drink more water immediately.

Dehydrated Drink 500ml of water immediately.

Severely Dehydrated Warning: Seek shade and rehydrate.

Critical Notify supervisor. Medical risk.

Note: Certain vitamins and medications may affect urine color.
If your urine remains dark after rehydrating, seek medical advice.