



Am I Hydrated?

Check Out Your Urine Color

Disclosure: This chart should not replace medical advice. Use only as a guide.

Clear: You may be over-hydrated.

Pale: Well Hydrated!

Yellow: You're Hydrated, but will probably want to have a glass of water soon.

Medium-Yellow: You're dehydrated. Have a few glasses of water.

Dark: You're very dehydrated or could have an underlying condition. Please see a Doctor.