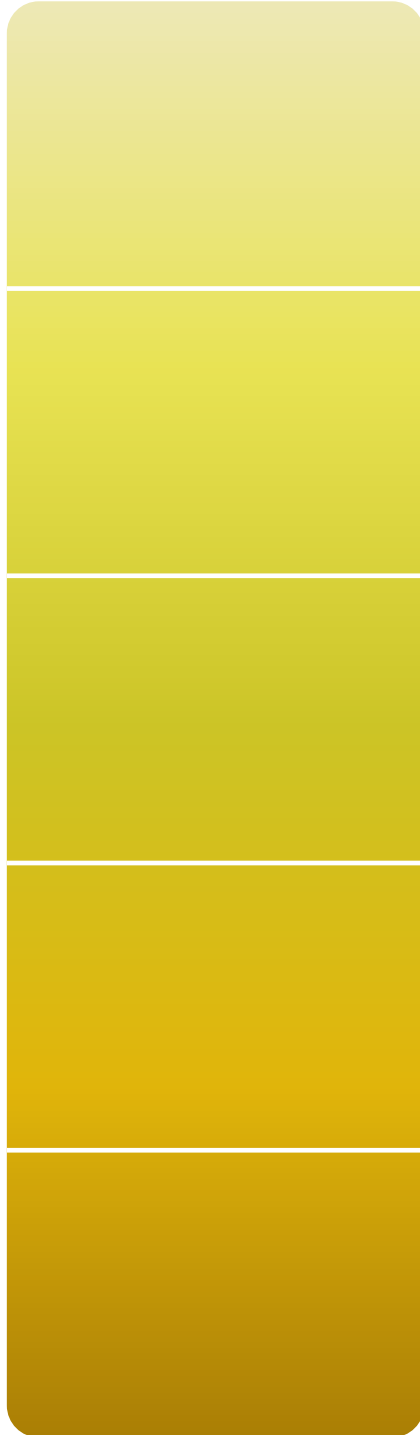


DEHYDRATION INDICATION

# Urine Color Chart



## Well-Hydrated

You're well-hydrated! Continue drinking as usual.

## Hydrated

You're fine, but could probably stand to drink a small glass (6-8oz) of water.

## Slightly Dehydrated

Drink half of a bottle (8-10oz) of water within the next hour. If you're outside or sweating, drink the entire bottle (16-20oz).

## Dehydrated

Drink half of a bottle (8-10oz) of water right now. If you're outside or sweating, drink the entire bottle (16-20oz).

## Very Dehydrated

Drink 2 bottles (33oz) right now. If your urine is darker, red, or brown, see a doctor.

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**Have any questions?** Feel free to email me at [courtney@rinehold.com](mailto:courtney@rinehold.com)