

USING YOUR URINE AS A GUIDE TO SELF HYDRATION



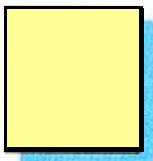
Dark Yellow - Orange
Dangerously low hydration level
Drink at least 1 quart ASAP



Dark Yellow
Very low hydration level
Drink 1 quart in the next 15 minutes



Yellow
Low hydration level
Drink 1 quart in the next 30 minutes



Light Yellow
Adequate hydration level
Drink 1 quart over the next hour



Clear
Good hydration level
Drink 1 quart over the next 2 hours