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HOW HYDRATED ARE YOU?

This five-colour strip is based on the darkening that urine undergoes as the amount of water in the body decreases and the pigmented waste material becomes more concentrated.

Check your urine colour against the chart to display your level of risk.



You're doing well. You are well hydrated.

Drink water as normal.



You could drink a little water. Maybe a small glass.



Drink about $\frac{1}{4}$ litre of water within the hour. If you are outside, drink about $\frac{1}{2}$ litre.



Drink about $\frac{1}{4}$ litre of water right now. If you are outside, drink about $\frac{1}{2}$ litre.



Drink about 1 litre of water **right now**.

NOTE: If your urine is darker than this or red/brown you are dehydrated and your body is breaking down muscle protein. This can lead to fatal kidney damage. See a doctor.