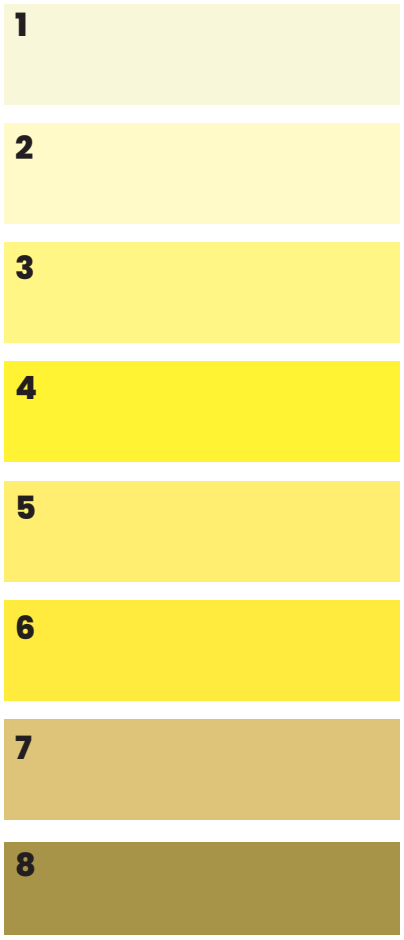
CHECK YOUR HYDRATION LEVEL

Step 1: Compare your urine color with the shades on this chart.

Step 2: Find your hydration level. Lower numbers indicate better hydration.

Step 3: Use your matched urine color to interpret the result:



- Colors 1, 2 or 3 indicate that you are hydrated.
- Colors 4, 5 or 6 signal mild to moderate dehydration.
- Color 7 or a darker shade signals dehydration.
- Drink water regularly throughout the day, without waiting until you feel thirsty.
- Prevent dehydration by drinking water and/or sports drinks before, during and after exercise. Use caution when choosing "energy drinks."
- Generally, replace 20 ounces of fluid for each pound of weight lost during that workout.
- Some foods, medicines and vitamins can change urine color. Large amounts may make this chart less reliable. Tell your sports medicine staff about all medicines, vitamins and supplements you take.
- Tell your sports medicine staff promptly about any signs of heat illness or other medical illness.





Reproduced with permission. Armstrong, L.E. (2000). Performing in Extreme Environments, Human Kinetics, Champaign, IL.

Sources:

• Armstrong, L.E., Maresh, C.M., Castellani, J.W., Bergeron, M.F., Kenefick, R.W., LaGasse, K.E., and Riebe, D. (1994). "Urinary Indices of Hydration Status.", Int. J. Sport Nutr., 4, 265-279.

• Armstrong, L.E., Herrera Soto, J.A., Hacker, F.T., Casa, D.J., Kavouras, S.A., Maresh, C.M. (1998). "Urinary indices during dehydration, exercise, and rehydration." Int. J. Sport Nutr. 8: 345-355.

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