



ARE YOU HYDRATED?

Urine Color Chart

1		<p>If your urine matches the colors 1, 2, or 3, you are likely properly hydrated. Continue to consume fluids at the recommended amounts. Nice job!</p>
2		
3		
4		<p>If your urine color is below the RED line, you may be <u>DEHYDRATED</u> and at greater risk for heat illness!!</p>
5		
6		<p><u>YOU NEED TO DRINK MORE!</u></p>
7		
8		<p>Speak to a Health Care Provider if Your Urine is this Dark and is Not Clearing Despite Drinking Fluids</p>

Source: Recovery in Tennis, United States Tennis Association (Kovacs et al, 2010)