

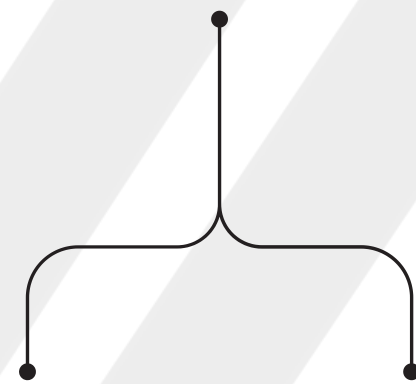
Am I Hydrated?

Use this urine color chart to check how hydrated you are



1 to 2:
Hydrated

Pale, odourless urine.
Keep drinking at this
rate.

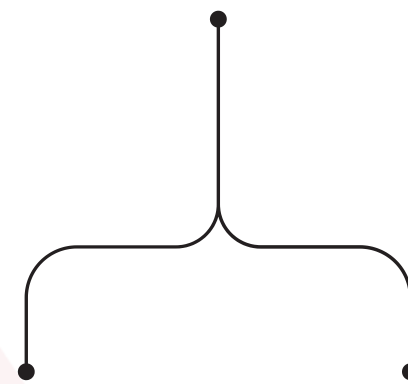


1

2

3 to 4: Mildly
Dehydrated

Slightly darker yellow
urine. Drink a glass of
water now.

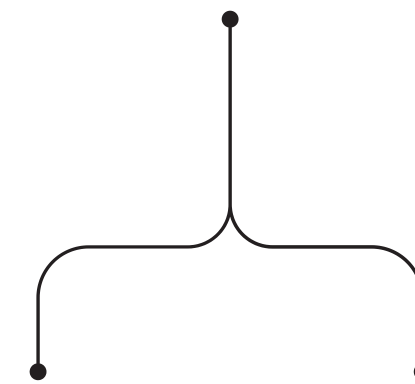


3

4

5 to 6:
Dehydrated

Medium-dark yellow
urine. Means you are
dehydrated. Drink 2-3
glasses of water now.

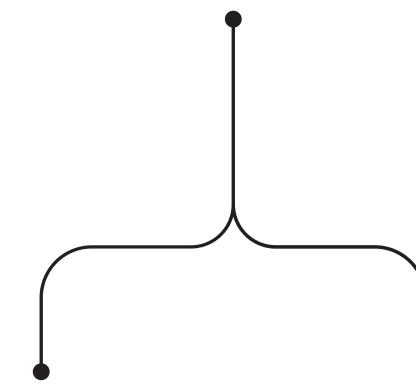


5

6

7 to 8: Very
Dehydrated

Darker, strong-smelling
urine. Drink a large
bottle of water
immediately.



7

8