

Southeast Falcons



Youth Football & Cheer

AM I HYDRATED?

Urine Color Chart

| | | |
|-------|--|---|
| 1 | | |
| 2 | | If your urine matches the colors 1, 2, or 3, you are properly hydrated. |
| 3 | | Continue to consume fluids at the recommended amounts. |
| <hr/> | | |
| 4 | | If your urine color is below the RED line, you are |
| 5 | | <u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!! |
| 6 | | <u>YOU NEED TO DRINK MORE WATER!</u> |
| 7 | | |
| 8 | | |