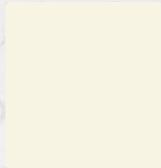
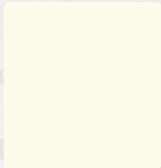




HYDRATION LEVEL CHART: USING URINE COLOR TO IDENTIFY HYDRATION LEVEL.

PROPERLY HYDRATED

Maintain hydration level. If urine resembles or matches these colors.



DEHYDRATED

Needs improvement. If urine resembles or matches these colors more fluids should be consumed.



SEVERELY DEHYDRATED

Immediate attention. If urine matches these colors, **SERIOUS DEHYDRATION** has occurred. Contact a physician.



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hydration that works

