

Hydration chart



Extremely Dehydrated
Drink a large bottle of water.



Dehydrated
Drink 2–3 glasses of water.



Mildly Dehydrated
Drink a glass of water.



Hydrated
You are drinking enough.
Keep drinking at the same
rate.



Use this urine colour chart to give yourself an idea of whether you are drinking enough water or if you are dehydrated. Vitamin and multivitamin supplements may change the colour urine, making it bright yellow or discoloured.