



WHAT IS MY PEE TELLING ME?

THE HYDRATION CHALLENGE

NAME _____

DATE _____

RECOMMENDED WATER INTAKE IN OUNCES PER DAY _____

DAY 1

OUNCES CONSUMED _____

URINE COLOR _____

DAY 2

OUNCES CONSUMED _____

URINE COLOR _____

DAY 3

OUNCES CONSUMED _____

URINE COLOR _____

DAY 4

OUNCES CONSUMED _____

URINE COLOR _____

DAY 5

OUNCES CONSUMED _____

URINE COLOR _____

DAY 6

OUNCES CONSUMED _____

URINE COLOR _____

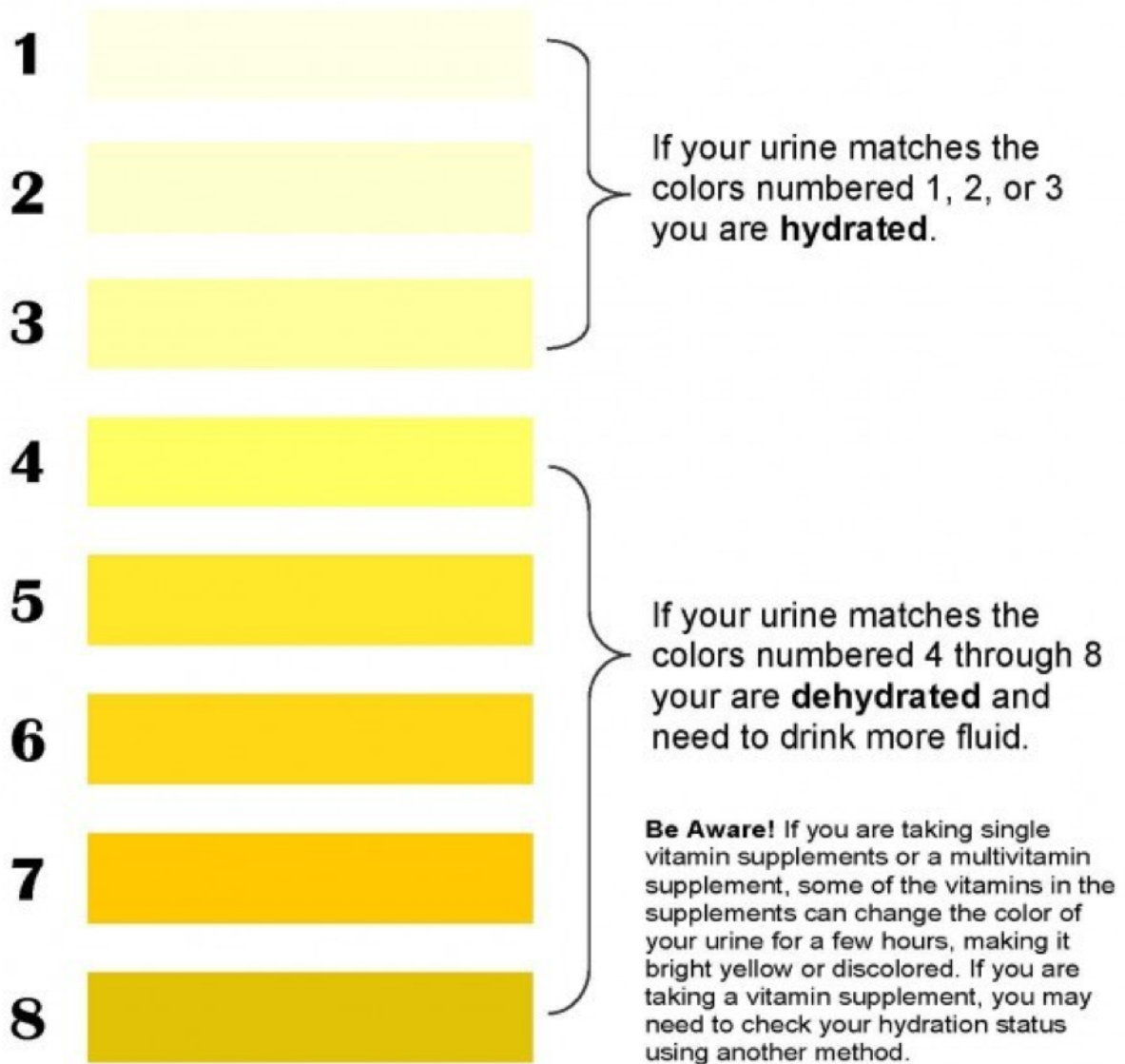
DAY 7

OUNCES CONSUMED _____

URINE COLOR _____

Am I Hydrated? Urine Color Chart

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



Your Nose Knows!

While some foods, like asparagus, can cause your urine to smell different, a strong smelling odor can also be a sign of dehydration.