



ASSESS YOUR HYDRATION STATUS

Step 1: Match the color of your urine to a color on the chart.

Step 2: Determine your level of hydration to dehydration. The lower the number, the better the result.

Step 3: If your urine color matches:



- Nos. 1, 2 or 3, you are hydrated.
- Nos. 4, 5 or 6, you are mildly to moderately dehydrated.
- No. 7 or darker, you are dehydrated.
- Athletes should consume water throughout the day. Do not wait until you are thirsty.
- To avoid dehydration, consume water and/or sports drinks before, during and after workouts or exercise. Be cautious of “energy drinks.”
- In general, 20 ounces of fluid should be replaced for every pound lost during that exercise session.
- Certain foods, medicines and vitamins may cause the color of urine to change. If these have been consumed in large amounts, this chart may be unreliable. Report all medicines, vitamins and supplements to your sports medicine staff.
- Report any symptoms of heat illness or general medical illness to your sports medicine staff as soon as possible.

Reprinted with permission. Armstrong, L.E. (2000). Performing in Extreme Environments, Human Kinetics, Champaign, IL.

References:

- Armstrong, L.E., Maresh, C.M., Castellani, J.W., Bergeron, M.F., Kenefick, R.W., LaGasse, K.E., and Riebe, D. (1994). “Urinary Indices of Hydration Status.” *Int. J. Sport Nutr.*, 4, 265-279.
- Armstrong, L.E., Herrera Soto, J.A., Hacker, F.T., Casa, D.J., Kavouras, S.A., Maresh, C.M. (1998). “Urinary indices during dehydration, exercise, and rehydration.” *Int. J. Sport Nutr.* 8: 345-355.

