



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 water at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!!
6		<u>YOU NEED TO DRINK MORE WATER!!!</u>
7		
8		

HYDRATE: Everyday – Health = .5 – 1 oz. of water per pound of body weight

TRAINING DAY: Performance – **PRE** = 16 oz. 2 hours before

DURING = 4 – 6 gulps every 10 – 15 min

POST = 20 oz. for each pound lost