

# ARE YOU



# HYDRATED?

COMPARE YOUR URINE TO THE ICONS BELOW TO CHECK HYDRATION.

-  **WELL HYDRATED**
-  **WELL HYDRATED**
-  **HYDRATED, BUT CONTINUE TO CONSUME MORE FLUIDS**
-  **ALL COLORS BELOW THE DOTTED LINE SIGNIFY DEHYDRATION**
-  **GREATER RISK OF CRAMPING OR HEAT ILLNESS**
-  **DRINK MORE WATER!**
-  **DANGER: EXTREMELY DEHYDRATED**
-  **SEVERE DANGER: EXTREMELY DEHYDRATED**

IT'S SIMPLE: ATHLETES LOSE FLUIDS WITH SWEAT. FLUID LOSS CAN LEAD TO DEHYDRATION. DEHYDRATION CAN NEGATIVELY AFFECT YOUR PERFORMANCE.