

# HYDRATION TESTING

<b>1</b>	HYDRATED
<b>2</b>	HYDRATED
<b>3</b>	HYDRATED
<b>4</b>	DEHYDRATED
<b>5</b>	DEHYDRATED
<b>6</b>	DEHYDRATED
<b>7</b>	SEVERELY DEHYDRATED
<b>8</b>	SEVERELY DEHYDRATED

You can use this simple scale to assess whether you're sufficiently hydrated.

If your urine colour matches any of the colours between **1-3** you're sufficiently hydrated.

If your urine colour matches any of the colours between **4-8** you're dehydrated and need to drink more fluid.

**Caution:** if you're supplementing with multivitamins, your urine colour may change and may confuse the results. You might notice your urine colour is bright yellow or discoloured.