

Urine Color Chart for Young Athletes

нуркатер **2** O PTIMA L

May indicate blood in urine or kidney

If your urine matches the colors numbered 1 through 3, you are hydrated.

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

DEHYDRA TED

5

0 7

8

If your urine matches the colors numbered

and need to drink more fuid.

If you are taking vitamin supplements, some of the vitamins can change the color of your urine for a few hours, making it bright yellow or discolored.

If you are taking a vitamin supplement, you may need to check your hydration status using another tool.

