

## Are you hydrated?

Test the colour of your urine against our chart.

1. Well Hydrated
2. Sufficiently Hydrated
3. Hydrated
4. Dehydrated
5. Very Dehydrated
6. Extremely Dehydrated
7. Severely Dehydrated
8. Dangerously Dehydrated – Consult a Doctor

If you are **between 1 and 3** on our scale, you are hydrated - good work! If you are between 4 and 6, you need to drink more fluids! Anything above 6 is potentially very dangerous.

### DID YOU KNOW?

The recommended guideline of 8 glasses of water a day is not based on science! The best and easiest way to monitor hydration is to monitor your urine. It correlates very well with much more expensive and complicated methods.



During exercise, it is common to lose fluid via sweat which can lead to dehydration. How much fluid you lose during exercise varies greatly from person to person. To calculate your own individual sweat rate, check out our sweat rates resource sheet via [www.mac-nutrition.com](http://www.mac-nutrition.com).