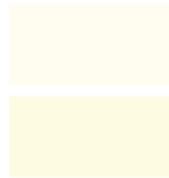


# Am I Dehydrated?

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This urine color chart below is a guide to help you assess if you are taking enough fluids throughout your day. Remember that foods and other liquids besides water aid in hydration. Don't feel like you have to guzzle gallons of water or force yourself to drink all day long to stay hydrated.

**Did you know that lack of water is the number one trigger of daytime fatigue?**



You're wonderfully hydrated!



You're dehydrated and should drink more.



You're seriously dehydrated, drink now!