

Urine Color Chart for Young Athletes

HYDRATED

OPTIMAL

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 fluids throughout the day to stay hydrated.

DEHYDRATED



If your urine matches the colors numbered 4 through 8, you are dehydrated and need to drink more fluid.

Be aware! 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.



Adapted from LE Armstrong, Int J Sports Nutrition, 1998