

MONITOR YOUR URINE

Are you drinking enough?



= **Excellent** (WELL HYDRATED) → **USG < 1.010**

TO DO: Keep drinking at the same rate.



= **Acceptable** (MINIMAL DEHYDRATION) → **USG: 1.010-1.020**

TO DO: Drink a large glass of water (250 ml) now!



= **Bad** (SIGNIFICANT DEHYDRATION) → **USG: 1.021-1.030**

TO DO: Drink a small water bottle (500 ml) immediately!



= **Very Bad** (SERIOUS DEHYDRATION) → **USG > 1.030**

TO DO: Drink a large water bottle (1000 ml) now!



When?

- ✓ Multiple times per day
- ✓ 2 hours and 4 hours before exercise

Be aware!

Vitamin supplements and other substances (e.g. beetroot juice) can change the colour of your urine, making this tool inadequate for checking hydration status. Solution? **Use a USG meter.**