



**Joe DiMaggio
Children's Hospital®**
[U18] Sports Medicine



Are You Hydrated?

Why is the urine chart an essential “must-have”
in every training area and locker room?

- With normal kidney function, the color of urine can serve as an easy visual indicator of an individual's hydration level.
- The darker the color of urine, the more likely the person is dehydrated.
- Keep in mind that some vitamins and supplements may darken the color of urine.
- To assess your hydration level, simply compare the color of your urine to the colors on the chart.
- Dehydration is often a key contributor to heat-related illnesses.

Urine Color Chart

