OSSAA URINE COLOR CHART

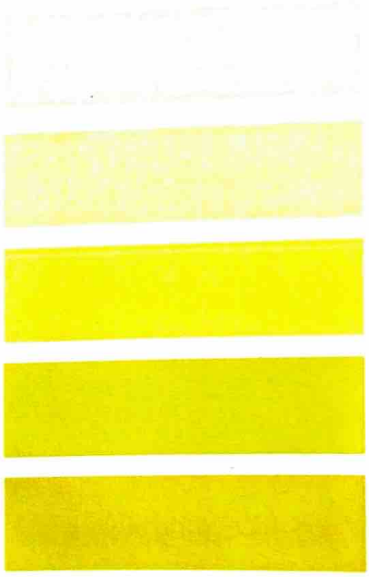
The urine color chart shown here will help assess athletes' hydration status. To use this chart, match the color of your urine to a color on the chart. The greater the level of dehydration the greater the negative effect on performance & health. If the color of your urine matches #1, #2, or #3 on the chart, you are WELL hydrated; if your urine color matches #4 or #5 you are close to being dehydrated; and if your urine color matches #6, #7 or #8 you are DEHYDRATED and need to consume a lot more fluids. ALL LEVELS OF DEHYDRATION HAVE SOME NEGATIVE EFFECT ON ATHLETIC PERFORMANCE & HEALTH.

1, 2, 3 = WELL HYDRATED

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = HYDRATED, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

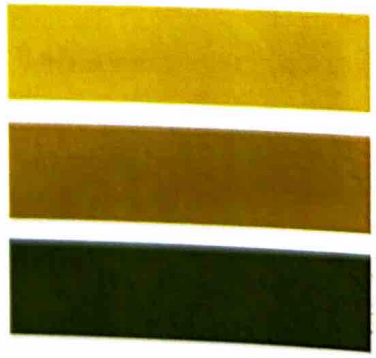
HYDRATED



6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids to become hydrated. Being hydrated will enhance your performance and help you avoid getting muscle cramps, or heat illness. It may also improve your health.

DEHYDRATED



The use of this urine chart is validated in: "Urinary Indices of Hydration Status", International Journal of Sport Nutrition, 4:265-279, 1994; 'Urinary Indices of Dehydration, Excercise and Rehydration", International Journal of Sport Nutrition, 8:345-355, 1998; "Drinking Behavior and Perception of Thirst in Untrained Women During Heat Acclimatiztion and Outdoor Training", International Journal of Sport Nutrition & Exercise Metabolism, 13:15-28, 2003. Copyright Lawrence Armstrong, 2000; Human Kinetics

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