

Let's look at
your urine color
TO FIND OUT IF
YOU'RE DRINKING
ENOUGH!

REFERENCES
Kavouras et al., Eur J Nutr, 2016
Khan et al., J Nutr, 2019
Adams et al. Eur J Clin Nutr, 2021

PALE
YELLOW

Well done!

well hydrated,
you can be proud!



STRAW-COLORED
YELLOW

*getting
Close!*

Catch up with few more
sips of water.



ORANGE OR
STRONG YELLOW

Whoops!

Grab your glass
of water fast
and drink up!

