**Are You Hydrated?**

**Take the Urine Color Test**

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**Purpose**

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

**How does it work?**

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

**Prevent Dehydration**

- No amount of training or acclimatization can reduce the body’s requirement for water.
- Follow the water consumption guidelines in the water consumption table.

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**Water Consumption Table**

<table>
<thead>
<tr>
<th>Heat Category</th>
<th>WBGT Index *°F</th>
<th>Easy Work Water Intake (Quart/Hour)</th>
<th>Moderate Work Water Intake (Quart/Hour)</th>
<th>Hard Work Water Intake (Quart/Hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>78° - 81.9°</td>
<td>½</td>
<td>¾</td>
<td>¾</td>
</tr>
<tr>
<td>2</td>
<td>82° - 84.9°</td>
<td>½</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>85° - 87.9°</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>88° - 89.9°</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 90°</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

**CAUTION:** Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.

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*This color chart is not for clinical use.*