



Are you drinking enough?

Urine colour is a good indicator of whether you are drinking enough water to Beat the Heat.

This urine colour chart will give you an idea of whether you are drinking enough water or are dehydrated (lost too much water from the body).

Urine Colour	What does this mean?	What should you do?
	You are very dehydrated.	Drink a large bottle of water immediately.
	You are dehydrated.	Drink 2-3 glasses of water now.
	You are somewhat dehydrated.	Drink a large glass of water now.
	You are hydrated - you are drinking enough.	Keep drinking at the same rate.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the colour of the urine for a few hours, making it bright yellow or discoloured.