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# Are you hydrated?

Urine color is a good indicator of your hydration status



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**HYDRATED**  
(EXCELLENCE)

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**DEHYDRATED**

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**EXTREMELY DEHYDRATED**  
(CONSULT A DOCTOR)

DRINK AT LEAST  $\frac{1}{2}$  YOUR WEIGHT IN OUNCES OF WATER EVERY DAY  
(A 200 LB. PERSON NEEDS TO DRINK AT LEAST 100 OZ. PER DAY)

PREVENT WEIGHT LOSS OF MORE THAN 2% DURING TRAINING AND GAMES  
(A 200 LB. PERSON SHOULD LOSE NO MORE THAN 4 LBS.)

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