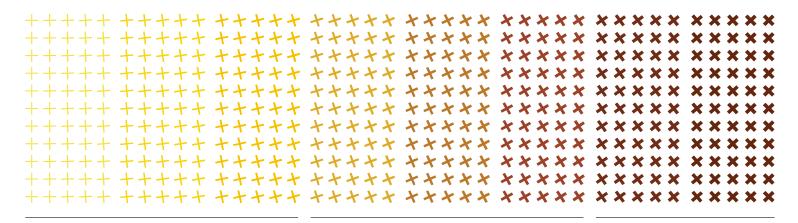
## Are you hydrated?

Urine color is a good indicator of your hydration status



HYDRATED (EXCELLENCE)

**DEHYDRATED** 

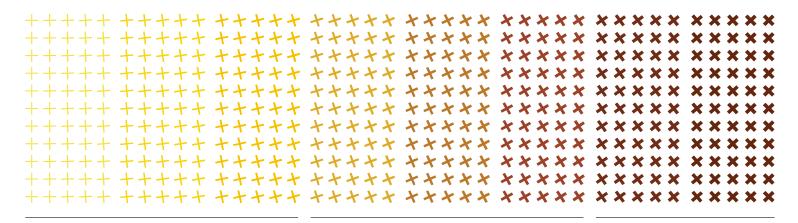
EXTREMELY DEHYDRATED (CONSULT A DOCTOR)

DRINK AT LEAST 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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