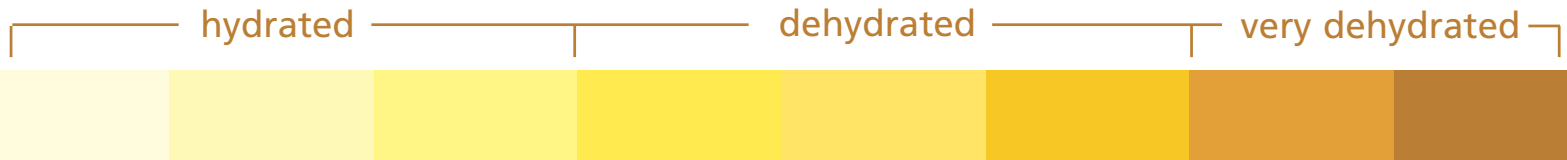


Are you hydrated enough?



The color of your **urine** can show you how **hydrated** you are. Aim to keep your urine the **same color** as the **lighter squares**. If the color matches the darker squares, you should drink more fluid.

Did you know?

Being dehydrated by as little as 1-2% can reduce your sports performance by 10-20%