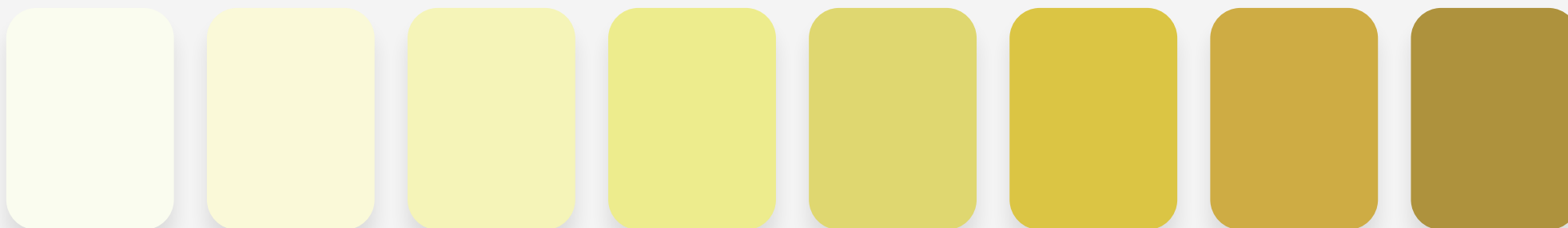


# how to tell if you're hydrated

confused how to tell if you're hydrated? simple, look at the [colour of your urine!](#)



## 1 to 2: hydrated

Pale, odourless and plentiful urine is a sign that you are on the right track.

## 3 to 4: mildly dehydrated

Slightly darker, yellow urine may indicate you need some more water – so grab another glass.

## 5 to 6: dehydrated

Medium to dark coloured urine can often be a sign that you are dehydrated – Grab a glass or 2 of water and start drinking if this is the case

## 7 to 8: very dehydrated

Dark, strong smelling urine may be a sign you are a little more dehydrated – in this case, fill a large bottle of water and start sipping away until you notice your urine becomes lighter in colour.

These colours are just a guide – and you should speak to your doctor if you have any concerns.

Some medications and vitamins may change your urine colour – so it is important to always consult a health professional for individual advice.

- As a reminder, as a general guide, the average person needs around **8 to 10 cups of fluid per day** (assuming the cup is around 250 mL).
- Lastly, just like adopting any new habits, upping your water intake takes **practice and consistency**.
- So don't be too hard on yourselves, and remember the first step to progress is wanting to **make a change for you and your loved ones!** Together, let's take one 'glass' at a time towards a healthier life!

