

HYDRATION CHART

1		Good
2		Good
3		Fair
4		Dehydrated
5		Dehydrated
6		Very dehydrated
7		Severe dehydration

Any drinks that contain high levels of caffeine, salt, or alcohol will increase your rate of dehydration. So on days of high temperatures or heavy workloads avoid drinking, alcohol, Pepsi, Coke, Coffee, and high-energy drinks such as Red Bull.

REMEMBER IF YOU FEEL THIRSTY OR YOUR URINE IS IN THE COLOUR RANGE OF FROM 4 TO 7 YOU ARE DEHYDRATED – DRINK MORE WATER