

# Urine color chart for young athletes

## Are you drinking enough fluids to stay hydrated?

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



### Be aware!

If you are taking vitamin supplements, some of the vitamins can change the color of your urine for a few hours, making it bright yellow or discolored.

If you are taking a vitamin supplement, you may need to check your hydration status using another tool.

Adapted from LE Armstrong Int J Sports Nutrition 1998

