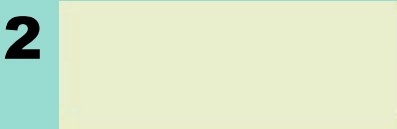




WE WANT YOU TO CHECK YOUR PEE



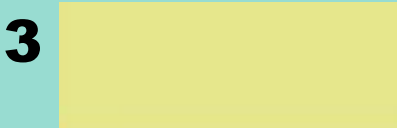
Check your level of hydration below



1 - 2 You are Hydrated

Pale, odourless and plentiful urine is often an indication that you are well hydrated.

Keep drinking at the same rate



3 - 4 You are mildly dehydrated

Slightly darker yellow urine can indicate that you need to drink more water.

Keep going...



5 - 6 Dehydrated

Medium-dark yellow urine is often an indication that you are dehydrated.

Drink 2-3 glasses of water, throughout the remainder of the day



7 - 8 Very dehydrated

Darker, strong-smelling urine in small amounts can be a sign of dehydration.

Drink at least 1L of water, throughout the remainder of the day



It's time to take a break and rehydrate!