

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.

