

Urine Chart Guide to Hydration

The color of your urine and how often you go can show if you're drinking enough water.

Adults should go 4-6 times a day, while kids should go 6 or more times. Use the chart below to check your hydration throughout the day.



Hydrated

If your urine is pale and has little to no smell, it usually means you're hydrated.
Keep maintaining your hydration habits!



Mildly dehydrated

Urine that is slightly darker yellow may be a sign of mild dehydration.
Take a moment to drink a glass of water.



Dehydrated

Medium to dark yellow urine often indicates dehydration.
Drink 2-3 glasses of water to rehydrate.



Very dehydrated

Dark, strong-smelling urine in small amounts is a sign of severe dehydration.
Drink a large bottle of water to rehydrate.

Talk to your doctor

Your medical history, medications, and diet might impact your hydration needs.

The colors on this chart should only be used as a guide and should not replace the advice of a health professional. Certain foods and vitamins may change your urine color even if you are hydrated.



For more information and resources, scan the QR code or visit us online:
heat.az.gov



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