

IF YOU AREN'T DRINKING WATER REGULARLY

URINE TROUBLE

THE 8 X 8 RULE: HEALTH AUTHORITIES COMMONLY RECOMMEND EIGHT 8-OUNCE GLASSES OF WATER A DAY. BUT WEIGHT AND EXISTING HEALTH CONDITIONS CAN REQUIRE YOU DRINK DIFFERENT AMOUNTS. CONSULT A DOCTOR IF HYDRATION IS A CONSTANT PROBLEM FOR YOU.

HYDRATED & HEALTHY: GREAT JOB!
KEEP DOING WHAT YOU ARE DOING.

PROPERLY HYDRATED: STILL, IT WILL
NOT HURT TO DRINK A LITTLE MORE
IN ORDER TO FLUSH OUT ANY LAST
TOXINS, ESPECIALLY IF EXERCISING.

MODERATELY HYDRATED: YOU ARE
FINE, BUT YOUR BODY LOSES WATER
CONSISTENTLY THROUGHOUT THE
DAY, SO DRINK SOME MORE.

DEHYDRATED: YOU ARE STARTING
TO REACH SERIOUS LEVELS OF
DEHYDRATION. GO DRINK WATER.

SERIOUSLY DEHYDRATED: YOU ARE
NOT OUT OF TROUBLE YET. DRINK A
BOTTLE OF WATER NOW TO BEGIN
FEELING BETTER.

SERIOUSLY DEHYDRATED: YOU ARE
NOT OUT OF TROUBLE YET. DRINK A
BOTTLE NOW TO FEEL BETTER.

EXTREMELY DEHYDRATED: YOU
NEED TO DRINK MORE WATER NOW.

DANGEROUS: GO SEE A DOCTOR.