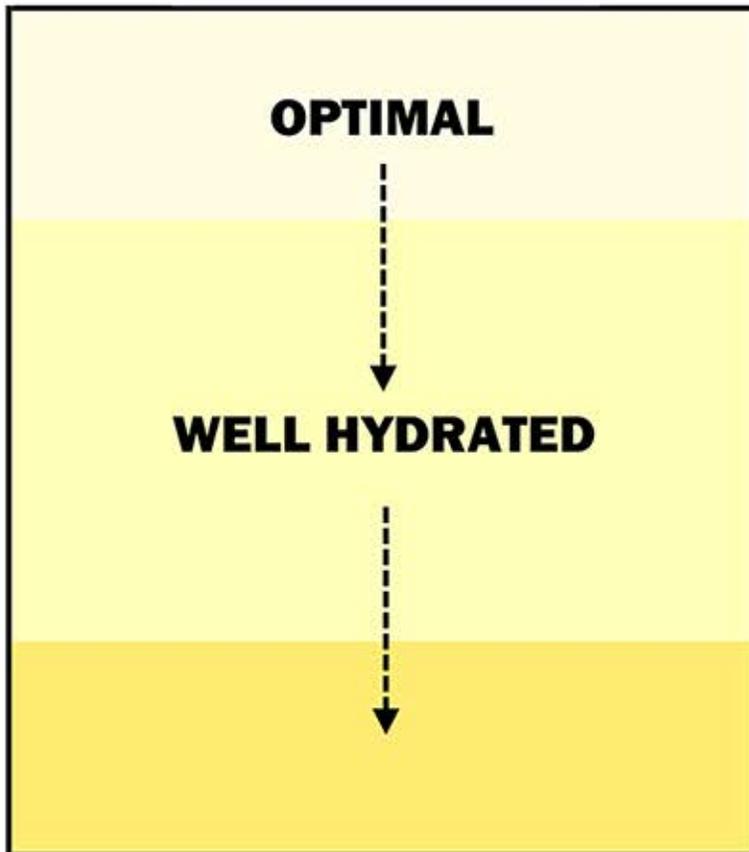


Are you Hydrated?

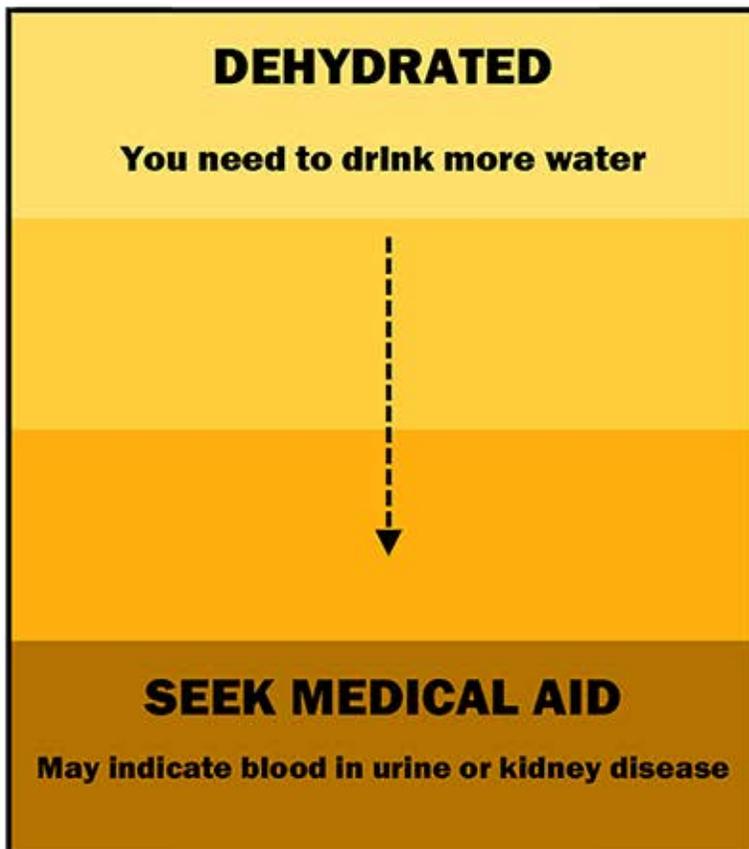


URINE COLOR CHART

Hydrated



Dehydrated



Use the Hydration Chart to fine tune your fluid intake levels.

The recommended fluid intake is 67% of your body weight in ounces per day. Ideally, begin this process a minimum of two days prior to a race.

Body Weight (lb)	Required Amount of Water
150	100oz
165	110oz
180	120oz
195	130oz
210	140oz
225	150oz
240	160oz
255	170oz
270	180oz