Hello there, are you properly Hydrated?

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**SELF CHECK CHART**

**WELL HYDRATED**

**SEVERE DEHYDRATION**

*Note: Water consumption amounts may vary for individuals. Consider that intake of other products such as vitamins may discolour urine*

Chart Source: [http://go.unimelb.edu.au/6kqa](http://go.unimelb.edu.au/6kqa)
Feeling Sluggish?
Water can improve concentration and boost energy levels

SELF CHECK CHART

WELL HYDRATED  SEVERE DEHYDRATION

Chart Source: http://go.unimelb.edu.au/6kqa

Note: Water consumption amounts may vary for individuals. Consider that intake of other products such as vitamins may discolour urine.

THE UNIVERSITY OF MELBOURNE