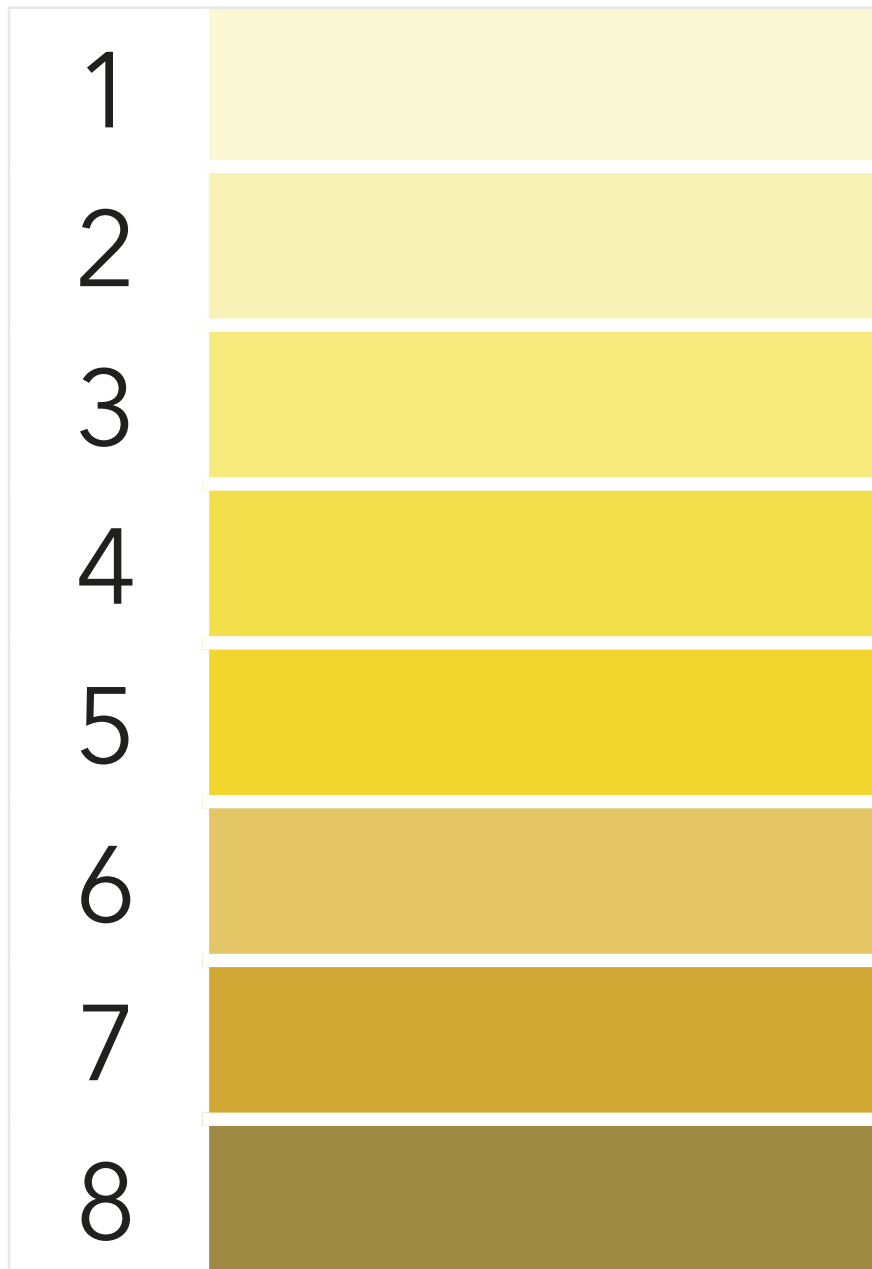


PEE CHART

Are you dehydrated?

Your target is to make sure that your pee is the same colour as numbers 1 (pale yellow), 2 and 3. Colours 4 and 5 suggest dehydration, and 6 to 8 severe dehydration.



Note some foods can also affect the colour of your pee. See the article ['All about pee! What your urine says about you'](#) for more information. Everyone's screen will show this slightly differently. Number 1 is a very pale yellow (not completely clear).