

# HYDRATION CHECK

To be checked in the morning. Possible dehydration if 2 or more of the following markers are present:



## 1. Weight

Ensure that you maintain a stable body weight; day-to-day variation within 1%



## 3. Thirst

Dry mouth or craving fluids

## 2. Urine

Urine colour should be 1 to 3  
Any colours 4 to 8 → need to increase water intake



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