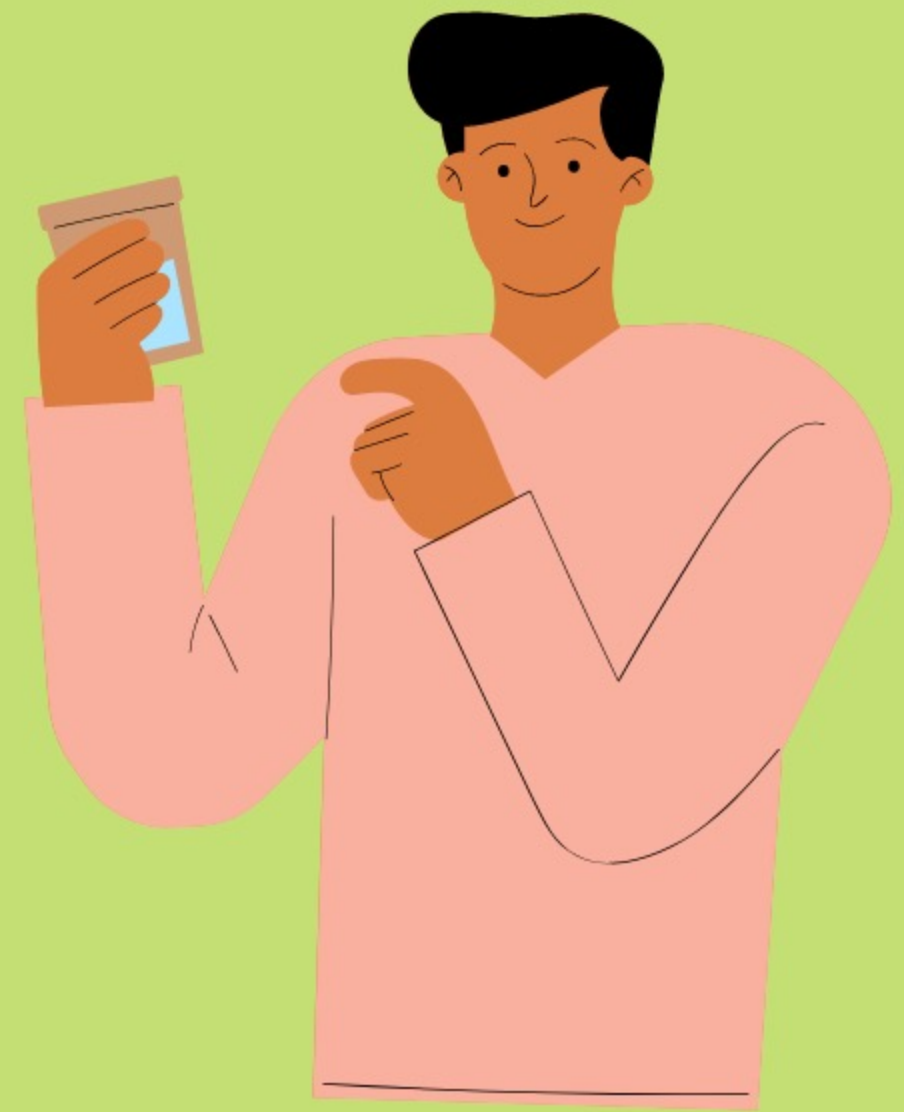
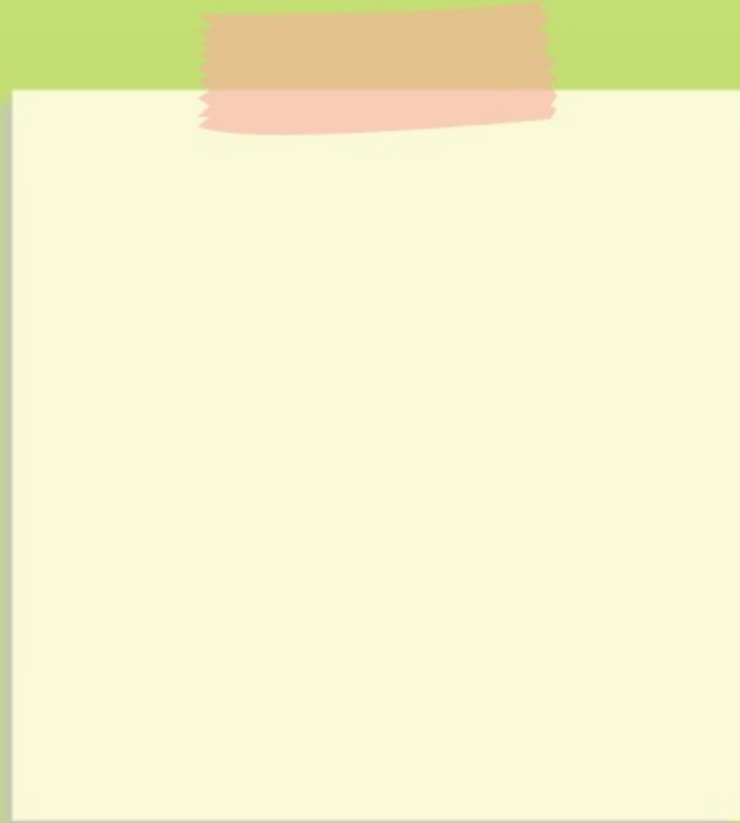


Are You Hydrated?



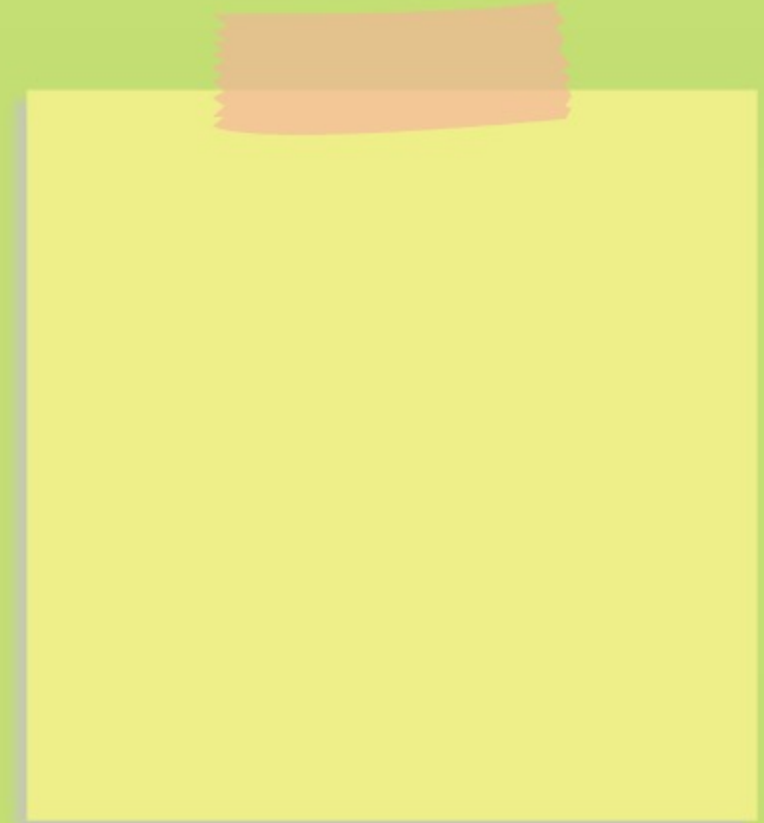
Hydration champ
you're all set!



Still doing great!



Drink some water
soon!



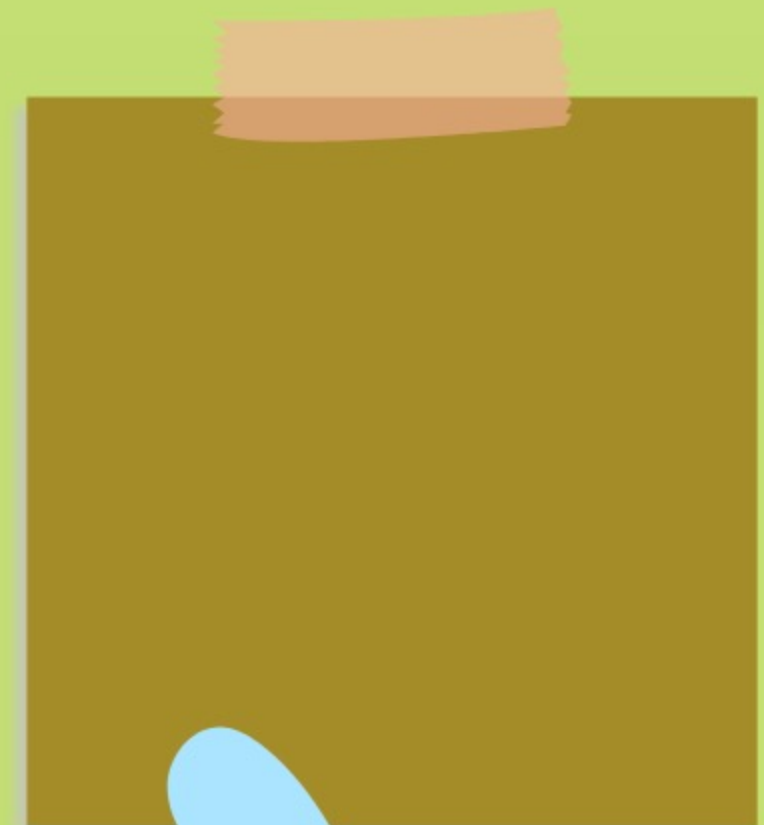
Mildly
dehydrated! Drink
a glass of water.



Very Dehydrated!
Drink atleast a full
bottle of water.



Concerning!
Drink water and
see a doctor ASAP.



DISCLAIMER - this is a general chart and should be used as a guide, not a medical diagnosis

ARE YOU DEHYDRATED?

Make sure you're drinking water, even during studio!

	WOW! Hydration champ - you are all set!
	Still doing great!
	Looking a little darker, but not concerning yet. Drink some water soon.
	You are mildly dehydrated! Drink a glass of water.
	Dehydration zone!! You need to drink water very bad.
	Very concerning!! Drink water ASAP and maybe see a doctor

DISCLAIMER - this is a general chart and should be used as a guide, not a medical diagnosis

