



Performance Nutrition Pathway Program

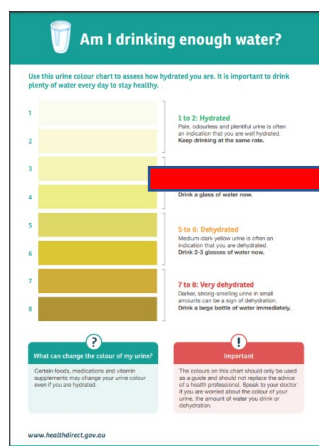
U14 ACTIVITY: Are you drinking enough?

When athletes sweat at a higher rate than they can replace, it can lead to dehydration. Dehydration can be negative for sports performance and health. It is a good idea to keep an eye on your hydration status, particularly if you are playing a game or it is a training day. Softball is a summer sport, played outdoors for extended period of time, so hydration is an important consideration

Review the urine colour chart [here](#) and determine the number that most closely matches your urine colour.



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How did you score?

Source: Health Direct – www.healthdirect.gov.au

RESULTS:

According to the colour chart, I need to.....

My urine is a different colour than any of the above... why is this?

Some foods such as beetroot, medications and vitamin supplements can change the colour of your urine even if you are well hydrated.
If you have any concerns, talk to your Doctor.