

Be Your Own Doctor Today! Are you drinking Enough Water?

If your urine matches the colors numbered 1-3 you are hydrated and are drinking plenty of water! Great Job!!!



1	
2	
3	
4	
5	
6	
7	
8	

If your urine matches the colors numbered 4-8 you are dehydrated and need to drink more water



Laminate and post inside each bathroom stall during hydration discussion



Revolutionary PE
MAKE YOUR BODY STRONG