

URINALYSIS

EXPLORE 2 LESSON 11



Study Summary

Sixteen running athletes, eight men and eight women, participated in a one-day testing of hydration pre- and post-exercise. To conduct the study, the athletes reported their hydration statistics using a urine color chart, such as the one shown below. The level of hydration was reported in addition to the average urine color, as reported on the chart.

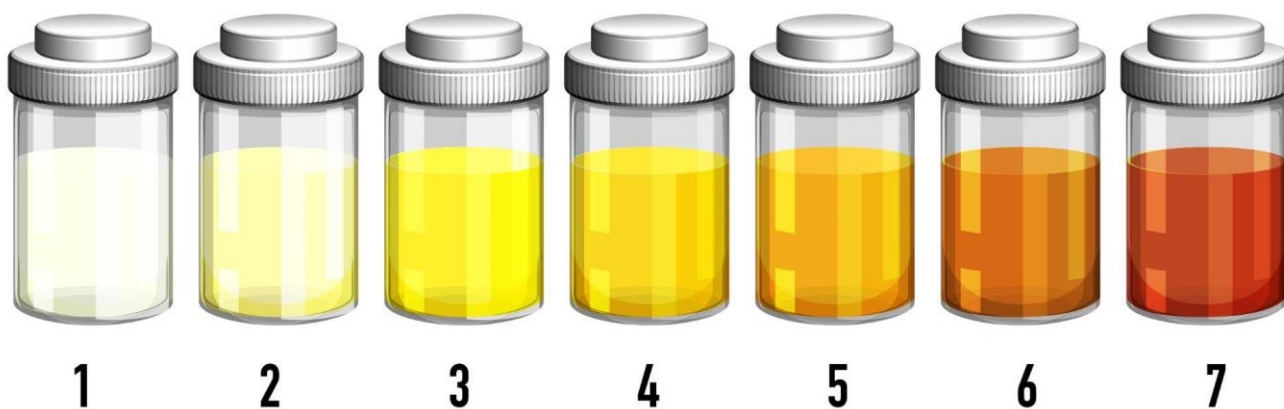
Data Reported

Table 2. Pre and Post-Training Comparison of Urinary Indices of Hydration Status

	Urine Color Average	Status
Pre Training	3.06	Hydrated
Post Training	4.06	Dehydrated

From: <https://iopscience.iop.org/article/10.1088/1757-899X/296/1/012014/pdf>

Urine Color Chart



Note: Each container holds approximately 25 mL of urine.

