

pee-o-meter

HEADACHES

IRRITABLE

DIZZINESS

WEAKNESS

SLUGGISH

CLEAN BILL

How do you measure up?

You should drink 8 glasses of water a day to stay healthy and hydrated. One of the simplest methods of checking you are hydrated is by doing the tinkle test. You can use this pee-o-meter to see which colour most closely resembles the colour of your wee. The clearer, the better.

pee-o-meter

How do you measure up?

HEADACHE

DIZZINESS

WEAKNESS

MOODY

TIREDNESS

WELL
DONE!

You should drink 8 glasses of water a day to stay healthy and hydrated. One of the simplest methods of checking you are hydrated is by doing the tinkle test. You can use this pee-o-meter to see which colour most closely resembles the colour of your wee. The clearer, the better.