



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.

NHS

Leicestershire County and Rutland



**Leicestershire
County Council**



Peep-O-Meter

HEADACHE

DIZZINESS

WEAKNESS

MOODY

TIREDNESS

WELL
DONE!

What colour is yours?

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