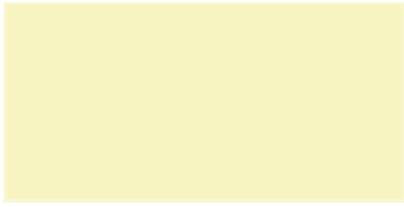


WOMBAT
Fitness

Urine Colour Chart

	Doing ok. You're probably well hydrated. Drink water as normal.
	You're just fine. You could stand to drink a little water now, maybe a small glass of water.
	Drink about 1/2 bottle of water (250 ml) within the hour, or drink a whole bottle (500 ml) of water if you're outside and/or sweating.
	Drink about 1/2 bottle of water (250 ml) right now, or drink a whole bottle (500 ml) of water if you're outside and/or sweating.
	Drink 2 bottles of water right now (1,000 ml). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

Source: <http://www.urinecolors.com/dehydration.php>

Work Out My Butt Abs & Thighs

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Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)