



# Peep-O-Meter

HEADACHE

DIZZINESS

WEAKNESS

MOODY

TIREDNESS

WELL  
DONE!

# What colour is yours?

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.

Leicestershire Partnership  
NHS Trust



Leicestershire  
County Council