

	<p>Doing ok. You're probably well hydrated. Drink water as normal.</p>
	<p>You're just fine. You could stand to drink a little water now, maybe a small glass of water.</p>
	<p>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.</p>
	<p>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.</p>
	<p>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.</p>