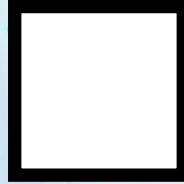




THE URINE GUIDE



No Color Transparent

You are drinking a lot of water. There are no life guards on duty. So don't drown.



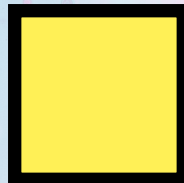
Pale Straw Color

You're normal & well hydrated, Post this on Myspace so Tom knows.



Transparent Yellow

Normal, share on social media you are normal in this crazy world.



Dark Yellow

You need to drink some water soon. You can do this! We believe in you. Your 1st grade teacher might not, but we do.



Amber Or Honey

Your body isn't getting enough water. Let's go live and chug some water Dude!



Syrup Or Brown Ale

You need to drink lots of water and drink it now! Record a reel and share it on TikTok.



Rainbow

You are an amazing Unicorn. Can we be health coaches together?

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