

Table 4 Total water intake according to hydration status, independently of season

Time of day	Total water intake (mL)			P-value ^b
	Euhydrated ^a	Slightly hypohydrated ^a	Very hypohydrated ^a	
Morning	299 (338)	176 (155)	165 (147)	0.163
End of the school day	1119 (667)	834 (490)	758 (402)	0.086

^aEuhydrated: urine specific gravity < 1.020; slightly hypohydrated: urine specific gravity 1.020–1.029; very hypohydrated: urine specific gravity ≥ 1.030.

^bP-values are for differences between all groups.

Values shown are means (standard deviations) for total water intake.