



Fluid Tracking log

- Find the correct meal (in the left column) and record the name of the foods or beverages you had.
 - Record the full volume of fluids you drink
 - Record half the volume of foods that melt and juicy fruits and vegetables.
- In the bottom row of the table, calculate the total milliliters of fluids you had for that day. **Do not exceed more than 2,000 ml per day.**

Meal	Food or beverage:	Fluid (ml) per serving:	Total fluid (ml):
<i>Example:</i>	<i>Coffee Cantaloupe Ice chips</i>	<i>1 cup of coffee= 240ml 1 cup fruit (½ cup fluid) =120ml ½ cup (¼ cup fluid) =60ml</i>	<i>240+120+60= 420ml</i>
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Total Daily Fluid (ml) =			