

## Monitoring your fluid intake

If you have been asked to measure your fluid intake, the following chart can be used to help record this.

### Example

Day	Amount (ml)	Type of fluid consumed
Breakfast	100	milk on cereal
	100	tea
Mid-morning	40	2 ice cubes
Lunch	75	lemonade
Mid-afternoon	100	tea
Evening Meal	100	jelly
	100	tea
Supper	100	milk
During the night	50	water to take tablets
Other	150	water to take tablets
<b>Total Intake =</b>	<b>915</b>	<b>ml</b>

## Fluid record chart

Day	Amount (ml)	Type of fluid consumed
Breakfast		
Mid-morning		
Lunch		
Mid-afternoon		
Evening Meal		
Supper		
During the night		
Other		
<b>Total Intake =</b>		<b>ml</b>

## Fluid record chart

Day	Amount (ml)	Type of fluid consumed
Breakfast		
Mid-morning		
Lunch		
Mid-afternoon		
Evening Meal		
Supper		
During the night		
Other		
<b>Total Intake =</b>		<b>ml</b>

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Mid-morning		
Lunch		
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Evening Meal		
Supper		
During the night		
Other		
<b>Total Intake =</b>		<b>ml</b>

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Mid-morning		
Lunch		
Mid-afternoon		
Evening Meal		
Supper		
During the night		
Other		
<b>Total Intake =</b>		<b>ml</b>

## Personal Notes