Daily Fluid Record

Use this chart to write down what and how much you drank or ate today that had fluids.

Date _____

Time	Product	How much fluid?
7:30 am	small juice	120 ml
7:30 am	cereal with milk (1 carton)	240 ml

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For more health information, go to wexnermedical.osu.edu/patiented, call 614-293-3707 or email health-info@osu.edu.

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