

# Liquid Tracking Tool: 64 Ounces



THE OHIO STATE  
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Keep track of how much liquid you are drinking daily. Drink at least 64 ounces of liquid each day. One medicine cup is equal to 1 ounce (oz).

- For the first week after surgery, take a sip of liquid (protein shake or water) every 3 minutes to finish **1 ounce every 10 minutes**, finishing 6 ounces or 1 row of medicine cups in 1 hour.
- Beginning week 2, take sips of liquid (protein shake or water) to finish **1 ounce every 3 to 5 minutes**, finishing 6 ounces or 1 row of medicine cups in 20 to 30 minutes.

Time:							Total liquid:
_____							6 oz (180 mL)
_____							12 oz (360 mL)
_____							18 oz (540 mL)
_____							24 oz (720 mL)
_____							30 oz (900 mL)
_____							36 oz (1,080 mL)
<b>You are halfway there! Try to drink 36 oz (1,080 mL) by 2 p.m. if you can!</b>							
_____							42 oz (1,260 mL)
_____							48 oz (1,440 mL)
_____							54 oz (1,600 mL)
_____							60 oz (1,780 mL)
_____					<b>You did it!</b>		64 oz (1,900 mL)