



Fluid tracker

Date: _____ **Fluid restriction per 24 hours:** _____ mL or
Target weight: _____ oz.

Keeping track of your fluids can help you stay in balance and feel your best. Use this tracking form to record the fluid you drink (and eat) and your urine output.

My fluid intake (fluid you are eating or drinking)

Time	Type of fluid	Amount	
		ounces	or milliliters

My urine output

Time	Amount (mL)

Common foods that count as fluid

When keeping track of your fluids, don't forget that foods that melt or are liquid at room temperature are also considered fluids. Also include the fluid that you drink when taking your pills. Here are some foods that are also considered fluids:

- Watermelon
- Popsicles
- Soup
- Yogurt
- Gelatin
- Ice cream
- Pudding
- Shakes

Serving size

Ounces (oz)	Milliliters (mL)*	Cups
4 oz	160 mL	1/2 cup
8 oz	240 mL	1 cup
12 oz	360 mL	1 1/2 cups
16 oz	480mL	2 cups

*rounded to 30 mL per oz.

Note:

Remember a low-sodium diet is important to avoid increased thirst and fluid gains.