## Fluid tracker

Being more aware of your drinking habits can help you to manage your fluid intake.

- Identify which situations lead to you drinking more, such as having a cup of tea when visiting a friend or when family get together
- Know when you are actually thirsty and when you are not

My daily fluid allowance: $\qquad$ ml

| Time | Type of Fluid | Amount |
| :--- | :--- | :--- |
| Example: 8am <br> 10am | Coffee <br> Water | 200 ml <br> 180 ml |
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Total fluid intake over the day: $\qquad$ ml

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