## 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: \_\_\_\_\_ ml

Time	Type of Fluid	Amount
Example: 8am	Coffee	200ml
10am	Water	180ml

Total fluid intake over the day: \_\_\_\_ml

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