**LIQUID MEASUREMENT CHART**

Use this chart to write down what and how much you drank or ate today that had fluids. Please ask a member of your health care team for more copies of this page to help you keep track of your daily fluid totals.

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- |
| **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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