



Date: _____


Weight: _____

Fluid restriction: Total fluid your care team would like you to consume in 24 hours: _____ mL or _____ oz.

Instructions

To manage your fluids for the best possible outcomes, write down the following for the next 24 hours and share your results with your care team:

- Fluids you are eating and drinking under **My fluid intake** (use the guide on the back for common fluids, including foods that count as liquids)
- Your urine output in **My urine output**

 **My fluid intake** (fluid you are eating or drinking)

 **My urine output**

Time	Type of fluid	Serving size	
		(oz)	(mL)

Time	Amount (mL)

 **My fluid intake conversion from ounces (oz) to milliliters (mL):**

Serving size _____ oz x 29.57 = _____ mL

FLUID TRACKER

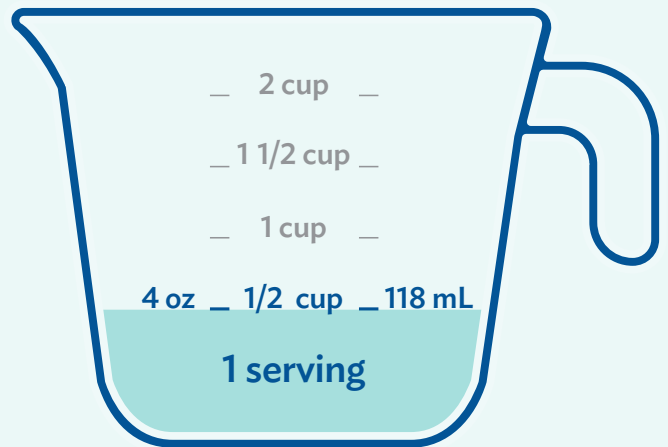
Common foods that count as fluid

When keeping track of your fluids, don't forget that foods that melt or are liquid at room temperature are also considered fluids. Here is a list of foods that are also considered fluids:

- Watermelon
- Popsicles
- Soup
- Yogurt
- Gelatin dessert
- Ice cream
- Pudding
- Nutrition shakes or supplements

Serving size tip

For fluids,
1 serving size =
4 ounces (oz) =
1/2 cup



Learn more tips and tricks to help you manage your fluids

Watch the *Fluid Management Tips* video and browse more helpful resources at [FreseniusKidneyCare.com/Fluids](https://www.freseniuskidneycare.com/Fluids)

SHAKE OFF THE SALT

Remember a low-sodium diet is important to avoid increased thirst and fluid gains. Learn more about how sodium can affect your diet and fluid management at [FreseniusKidneyCare.com/Salt](https://www.freseniuskidneycare.com/Salt)