# Weekly Fluid Intake Record

## Amount of water per day (check one):
- ☐ 1000 mL per day
- ☐ 1500 mL per day
- ☐ Other: __________ mL per day

## Preferred Fluid (check all that apply):
- ☐ Water (☐ ice  ☐ no ice  ☐ warm  ☐ thickened  ☐ Other: _____________)  
- ☐ Juice: _________________________________________ (☐ ice  ☐ no ice)  
- ☐ Other: ________________

![Diagram of fluid intake](image)

- = 100 mL (approximately 1/2 cup)
- = 200 mL (approximately 1 cup)

## Week of: ____________________________

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<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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### Quick Reference of Sample Volumes (volumes may vary)
- 150 mL water glass (used to pass meds)
- 175 mL water glass
- 225 mL glass cup (coffee/tea)
- 200 mL plastic cup (coffee/tea)
- 225 mL soup/cereal bowl
- 70 mL small bowl (pudding etc.)

### Tips to Promote / Encourage Fluid Intake
- Offer fluid with each hourly check-in.
- Offer fluid with each interaction with the patient (like the med pass).
- Provide a full glass of fluid with each med pass.
- Encourage increased fluid intake with meals.
- Family members to offer fluid each hour on the hour while awake.

### Hydration Information
- Increase fluid intake when patient is feeling unwell or has illness.
- Increase fluid intake during warm weather.
- Adequate fluid intake promotes regular bowel patterns.
- Beverages that contain caffeine (tea/coffee/soda) are poor sources for providing hydration as they have diuretic properties and contribute to fluid loss (makes the patient void more).

For more directions and guidance:

![AMMI Canada](image)

#SymptomFreeLetItBe