



# Fluid Diary

Keep this diary to record each time you intake fluid for a **up to 14 days**.

*Note:* If completing the bladder and bowel diary, you only need to collect information on fluid intake once.

Date	Time	Date	Time	Date	Time	Date	Time
<b>Amount drunk since last entry</b> <i>(1 glass equals 250 ml)</i>		<b>Amount drunk since last entry</b> <i>(1 glass equals 250 ml)</i>		<b>Amount drunk since last entry</b> <i>(1 glass equals 250 ml)</i>		<b>Amount drunk since last entry</b> <i>(1 glass equals 250 ml)</i>	
Type of drink		Type of drink		Type of drink		Type of drink	
Notes		Notes		Notes		Notes	