



FLUID TRACKER



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
TIME	INTAKE	OUTPUT	INTAKE	OUTPUT	INTAKE	OUTPUT	INTAKE	OUTPUT	INTAKE	OUTPUT	INTAKE	OUTPUT	INTAKE	OUTPUT
7am														
8am														
9am														
10am														
11am														
12pm														
1pm														
2pm														
3pm														
4pm														
5pm														
6pm														
7pm														
8pm														
9pm														
10pm														
11pm														
12-2am														
2-4am														
4-6am														
TOTAL														