

Weekly Fluid Balance Chart:

To use this chart, use a regular cup/bottle/mug that you know how much it holds and can estimate how much you have had. If you use a mug that holds 200 ml and you drink one and a half during the morning, you'll have an intake of 300 ml (include ice lollies and jellies too). To monitor output, use a measuring jug to monitor your urine output. If you need to monitor vomit output, you can either use a vessel which you can estimate quantity in or use kitchen scales (1 mg = 1 ml) but don't forget to delete the weight of the bowl.

At the end of 24 hours, add up the totals and minus the output from the input to work out the balance.

	Morning 6 a.m.–12 p.m.		Afternoon 12 p.m.–6 p.m.		Night 6 p.m.–6 a.m.		Totals for 24 hours		Balance +/-
	Intake	Output	Intake	Output	Intake	Output	Intake	Output	
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									

