



**USE OUR
HYDRATION TRACKER**
TO KEEP A RECORD OF DAILY FLUID INTAKE



 = 1 cup of water (300ml) Fill in the cups to mark how much you have drunk in a day

Example

























































300ml 600ml 900ml 1.2L 1.5L 1.8L 2.1L 2.4L



TIME TO TRACK











































Week 1

Date: / /

Monday									=	<input type="text"/>	ml
Tuesday									=	<input type="text"/>	ml
Wednesday									=	<input type="text"/>	ml
Thursday									=	<input type="text"/>	ml
Friday									=	<input type="text"/>	ml
Saturday									=	<input type="text"/>	ml
Sunday									=	<input type="text"/>	ml

Week 2

Date: / /

Monday									=	<input type="text"/>	ml
Tuesday									=	<input type="text"/>	ml
Wednesday									=	<input type="text"/>	ml
Thursday									=	<input type="text"/>	ml
Friday									=	<input type="text"/>	ml
Saturday									=	<input type="text"/>	ml
Sunday									=	<input type="text"/>	ml



“Water is crucial for everyone, but it’s especially important for those living with an ostomy. It’s recommended to drink at least 8 cups of fluid daily. However, factors like ostomy output, weather, and physical activity can affect individual hydration needs. *“Jill, an experienced ostomy care nurse*



Week 3

Date: / /

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml

Week 4

Date: / /

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	=	<input type="text"/>	ml

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