

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 ie. If you use a mug that holds 200mls and you drink one and a half during the morning you'll have an intake of 300mls (include icelollies 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 (1mg = 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 6am-12pm		Afternoon 12pm-6pm		Night 6pm-6am		Totals for 24 hours		
	Intake	Output	Intake	Output	Intake	Output	Intake	Output	Balance +/-
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									



Pregnancy
Sickness
Support