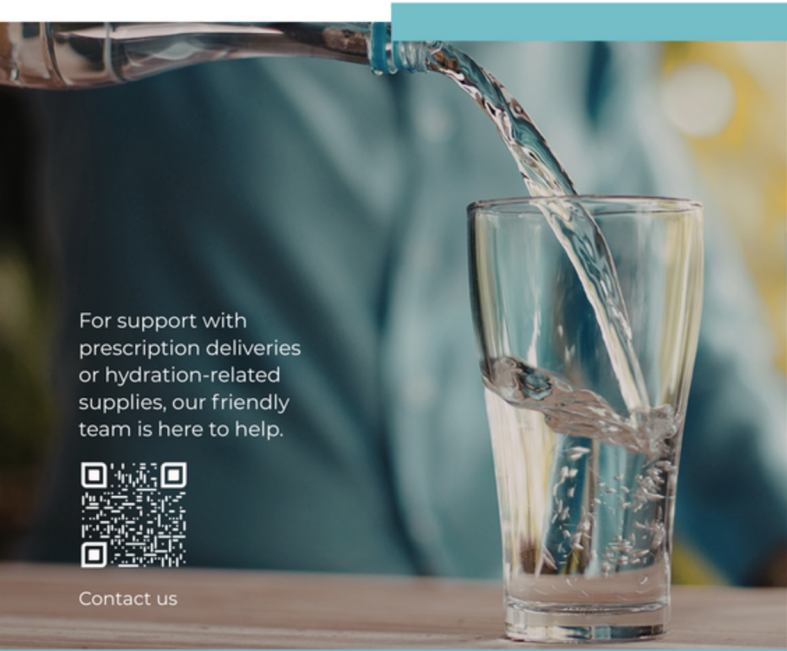


# HYDRATION TRACKER

*to keep a record of daily fluid intake*



For support with  
prescription deliveries  
or hydration-related  
supplies, our friendly  
team is here to help.



Contact us

**0800 18 19 01**

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## Mark the cups to track your daily fluid intake

 = 1 cup of water (300 ml)

Example    300 ml   600ml   900 ml   1.2L   1.5L   1.8L   2.1L   2.4L  
**Monday**            = 1800 ml

**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 |

“

It's generally recommended to drink around 2.4 litres of fluids a day\*, roughly 8 cups. Want some easy ways to stay hydrated? Take a look at our latest blog on hydration tips.



**Week 3**      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 4**      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 |

\* Fluid needs vary, so always follow the advice given by your nurse or healthcare team.