



VICTORIAN CONTINENCE RESOURCE CENTRE

# My Daily Fluid Intake Record

Tick a drink below when each drink is finished. Try to have the most number of ticks in the 'drink most' category.

**Make water your first choice.** Tea, coffee, cordial, milk and fruit juice are good sources of fluid too, but should not be the only drinks you have. Alcohol and soft drinks should be limited.

## DRINK MOST



## DRINK IN MODERATION



## DRINK LESS



The recommended minimum daily fluid intake for older people is 1500mL (6 cups) per day.  
(Unless advised by the doctor)

## ARE YOU DRINKING ENOUGH?

For further information contact (03) 9816 8266 | 1300 220 871  
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