Nourishment, Fluids & Caffeine Log

Use the spaces below to note meals, salty/packaged foods, fluids, and caffeine. There is no need to count sodium unless your clinician recommends it. Follow any prescribed fluid or sodium restrictions.

Day	Meals / salty foods	Fluids (amount)	Caffeine (amount)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

spent in bed.

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