

Liquid Intake

Measure all the liquids you drink. Write the type and amount (in ounces) below. The first row is filled out as an example.

Your goal is to drink 2 liters (64 ounces) every day. 1 cup is equal to 8 ounces.

Date	Liquid Intake						Total
January 20	Decaf coffee	Water	Smoothie	Iced tea	Sports drink	Water	64 oz
	8 oz	12 oz	14 oz	12 oz	8 oz	10 oz	

For more resources, visit www.mskcc.org/pe to search our virtual library.