VITALS VAULT

FREE GUIDE

The hydration check log

There is no single right amount of water for everyone. Track a week of drinks and signs so you can see your own pattern and bring it to a clinician if something seems off.

ONE WEEK AT A GLANCE

Day	Fluids (cups)	Urine color	Heat or activity	Symptoms
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

THINGS THAT CHANGE HOW MUCH I NEED

- [ ] My age
- [ ] My body size
- [ ] How active I am
- [ ] Hot weather
- [ ] Humid weather
- [ ] Illness

WHAT TO KNOW

Needs vary with age, size, activity and weather. Plain water is called the best drink. In a review, people who drank less water had more kidney stones. This log sets no target.

QUESTIONS TO ASK

- [ ] Do I have a reason to watch my fluids closely?
- [ ] Could low fluids be affecting my kidney or sodium tests?
- [ ] Does my medicine change how much I should drink?
- [ ] Which signs mean I should call you?

Sources: A nutrition and hydration review (Faizan 2023). Reference intakes vary by guideline body and are not personal targets. Our own log.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com