



DAILY STATUS CHART

Use this chart to keep track of your daily food and fluid intake (everything you eat and drink) and other information that is important to your health. An example is shown for your reference. Use one page per day to track your own information.

Day _____ **Date** _____ **Weight** _____

Time	8:30 a.m.
Meals, Snacks, and Medical Nutritionals	Scrambled egg, toast with margarine, 1 packet of Juven
Fluids	Coffee, 1 cup; orange juice, 4 fl. oz.
Medications	Lomotil
Supplements	Vitamin/mineral tablet
Bowel Movements	1, loose

Time	
Meals, Snacks, and Medical Nutritionals	
Fluids	
Medications	
Supplements	
Bowel Movements	

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