

Date: \_\_\_\_\_

Mon   Tues   Weds   Thurs   Fri   Sat   Sun

Time	Food	Fluid	Medications	Physical Symptoms	Cravings	Emotions	Output U = urine B = bowel

Source: Judith Crim-Ehlers, RD, CEDC, 2002; Rev. Mary Arnold Long, DNP, APRN, CRRN, CWOCN-AP, ACNS-BC, 2019