

DAILY FLUID INTAKE TRACKER

Date: Daily Goal:

DONE	VOLUME (OZ)	VOLUME (ML)	TIME / NOTES
	8 oz	237 ml	
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	8 oz	237 ml	
	12 oz	355 ml	
	12 oz	355 ml	
	16 oz	473 ml	
	16 oz	473 ml	
	20 oz	591 ml	
	32 oz	946 ml	

Quick Conversion: 1 oz ≈ 29.57 ml