



THEBODY360 Fluid Assessment

Name: _____ Food diary completed from ____/____/____ to ____/____/____

	Current (Food Diary)	Recommendations
Drinking enough water and/or caffeine-free and alcohol-free fluids?		6-8 glasses per day, including some mineralized water for electrolyte balance.
Do drinks contain calories in the form of sugar, e.g. fruit juices, soft drinks, milkshakes? If so, how many a day?		Squeeze Lemon/Lime Juice into Carbonated Water
Drinking over the maximum recommended amount of caffeine? <i>(300mg per day – roughly 6 cups of tea, 4 cups of instant coffee or coke, or 2 coffee shop coffees)</i>		Switch to Decaffeinated for Most of your Hot Drinks.
Drinking alcohol above the guideline amounts? <i>(2-3 units per day for women, 3-4 units per day for men)</i>		Stick to the Occasional Glass of Red Wine only.
How many calories are in the alcoholic drinks? <i>(roughly 70 cals per small glass of wine, 250+ cals per pint of beer, 50+ cals per shot of spirit)</i>		How Many calories are you consuming per day or week?