



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? (300mg per day – roughly 6 cups of tea, 4 cups of instant coffee or coke, or 2 coffee shop coffees)		Switch to Decaffeinated for Most of your Hot Drinks.
Drinking alcohol above the guideline amounts? (2-3 units per day for women, 3-4 units per day for men)		Stick to the Occasional Glass of Red Wine only.
How many calories are in the alcoholic drinks? (roughly 70 cals per small glass of wine, 250+ cals per pint of beer, 50+ cals per shot of spirit)		How Many calories are you consuming per day or week?