Fluid balance diary of (child's name): _____

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Date	Time	Fluid intake (mL)	Urine volume (mL)*	Accident (1 = underwear; 2 = pants; 3 = socks / chair wet)	Bowels opened (Y)

* Urine volume is best estimated by asking your child to urinate into a plastic bottle or container, and weighing each urination (in grams), spanning over a 24 hour period

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