



Daily Hydration Tracker

*A simple printable sheet to help track fluids
for someone living with dementia*

Daily Hydration Tracker

Daily Fluid Goal

If advised by a healthcare professional: _____ mL

Discuss recommended intake with a healthcare professional — different health conditions require more, or less, fluid each day.

Fluid Intake Record

Time	Drink Offered	Amount Offered	Amount Drunk	Notes

Estimated Total Fluid Intake _____ mL Daily Goal Achieved? Y / N

Notes

Helpful Reminders

- Offer a drink with every meal and with medications (if appropriate).
- Keep a favourite cup or glass nearby and encourage small sips throughout the day.
- Sit and have a drink together.
- Offer drinks the person enjoys, or foods with a high water content — watermelon, yoghurt, orange, jelly, grapes, custard, strawberries, soup, ice blocks.