

# MY FOOD AND FLUID ROUTINE



	Morning Supplements	
	Start Drinking	
Stop Drinking	Time:	
Time:		
Eat Breakfast		
Time:		
Start Drinking	Stop Drinking	
Time:	Time:	
	Eat Morning Tea	
	Time:	
Stop Drinking	Start Drinking	
Time:	Time:	
Time:		
Eat Lunch		
Time:		
Start Drinking	Stop Drinking	
Time:	Time:	
	Eat Afternoon Tea	
	Time:	
Stop Drinking	Start Drinking	
Time:	Time:	
Time:		
Eat Dinner		
Time:		
Start Drinking		
Time:		