Hydration Tracker

Record Drinks, Times, and Caregiver Observations

A simple observation tool for tracking fluids without changing professional instructions.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

thecaregivingconcierge.com

Hydration Tracker

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] Record intake soon after it happens rather than reconstructing the day later.
- [ ] Use the same cup, bottle, or approximate measurement when practical.
- [ ] Include notes about refusals, spills, nausea, or other relevant observations.
- [ ] Follow any fluid goal or restriction exactly as provided by the healthcare team.

2 WORKSHEET / TRACKER

TIME	BEVERAGE	AMOUNT	OFFERED BY	NOTES

Note: This is an observation and organization tool. It does not set nutrition or fluid goals or replace individualized professional guidance.

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Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

PROFESSIONAL FLUID GOAL / RESTRICTION (IF PROVIDED):

CHANGES OR PATTERNS NOTICED:

QUESTIONS FOR THE HEALTHCARE PROFESSIONAL:

OTHER CAREGIVER NOTES:

Sources & further reading

- USDA MyPlate - Healthy Eating for Older Adults
- National Institute on Aging - Healthy Aging Tips for Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

Everything about your loved one's care, organized in one place.
The Caregiving Concierge™ helps families organize care details in one secure workspace.
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