

# Fluid and Protein Checklist

## Fluids

Check off one glass each time you drink an ounce.

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## Protein Grams

Check off each gram of protein you consume.

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Total grams of protein per day: \_\_\_\_\_

## Physical Activity

Type of activity: \_\_\_\_\_ Minutes per day: \_\_\_\_\_

## Supplements

Multivitamin: \_\_\_\_\_

Calcium citrate: \_\_\_\_\_

Other supplements (if needed): \_\_\_\_\_