



PROVALE PRO FLUID INTAKE TRACKER

The Provale Pro Cup holds 5 ounces. Multiply the number of cups consumed by 5 to calculate your total ounces for the day.

DAY	Fill in the Circle with how many cups consumed															Cups × 5 oz = Total oz.
Ex.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	50 oz
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
7	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
8	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
9	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
10	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
11	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
12	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
13	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
14	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
17	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
21	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
22	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
23	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
25	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
26	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
27	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
29	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	

You've got this! Way to Stay Hydrated!



Hydrate Safely.
Live Independently.

How to Use the Fluid Tracker

1. Tear off this tracker to keep track of your fluid intake.
2. Each Provale Pro Cup holds 5 oz.
3. For each completed cup, fill in one circle.
4. Multiply the total cups consumed by 5 to calculate total ounces for the day.



You've Got This!