

Phase I: In-Hospital Post-Surgery Fluid and Protein Record



Schedule allows 8 total hours of sleep

Note: Sip 1 to 2 fluid oz. every 15 min. to total 64 fl. oz. daily

TIME	VOLUME (fl. oz.) / Protein (gm)	TIME	VOLUME (fl. oz.) / Protein (gm)
1:00 AM		1:00 PM	
1:15 AM		1:15 PM	
1:30 AM		1:30 PM	
1:45 AM		1:45 PM	
2:00 AM		2:00 PM	
2:15 AM		2:15 PM	
2:30 AM		2:30 PM	
2:45 AM		2:45 PM	
3:00 AM		3:00 PM	
3:15 AM		3:15 PM	
3:30 AM		3:30 PM	
3:45 AM		3:45 PM	
4:00 AM		4:00 PM	
4:15 AM		4:15 PM	
4:30 AM		4:30 PM	
4:45 AM		4:45 PM	
5:00 AM		5:00 PM	
5:15 AM		5:15 PM	
5:30 AM		5:30 PM	
5:45 AM		5:45 PM	
6:00 AM		6:00 PM	
6:15 AM		6:15 PM	
6:30 AM		6:30 PM	
6:45 AM		6:45 PM	
7:00 AM		7:00 PM	
7:15 AM		7:15 PM	
7:30 AM		7:30 PM	
7:45 AM		7:45 PM	
8:00 AM		8:00 PM	
8:15 AM		8:15 PM	
8:30 AM		8:30 PM	
8:45 AM		8:45 PM	
9:00 AM		9:00 PM	
9:15 AM		9:15 PM	
9:30 AM		9:30 PM	
9:45 AM		9:45 PM	
10:00 AM		10:00 PM	
10:15 AM		10:15 PM	
10:30 AM		10:30 PM	
10:45 AM		10:45 PM	
11:00 AM		11:00 PM	
11:15 AM		11:15 PM	
11:30 AM		11:30 PM	
11:45 AM		11:45 PM	
12:00 PM		12:00 AM	
12:15 PM		12:15 AM	
12:30 PM		12:30 AM	
12:45 PM		12:45 AM	