



FLUID DIARY

NAME: _____

WEEK OF: _____

DATE	TIME	MOOD*	1-10 RATING (10=BAD)	WHERE ARE YOU?	WHAT ARE YOU DOING?	WHAT DID YOU DRINK?	HOW MUCH DID YOU DRINK?	SALTY FOOD LAST 24HRS?

Studies show that 20%-40% of people on dialysis will experience depression. Depression is treatable. Be sure to confide in your social worker if you start to feel depressed.

*Sample Moods: depressed, stressed, tired, bored, worried, guilty, lonely, angry, afraid, hopeless, happy,_____.