

Keeping a **DIARY**

To help you and your healthcare professional keep track and assess your progress with your tube feedings, using a diary may help. The diary shown below is an example of how you can track your tube feeding over time. When you visit your healthcare professional, take your diary.

Daily formula goal: _____ mL/containers.

Daily water goal: _____ mL and/or _____ flushes

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Date							
Weight							
Amount of Formula Taken							
Amount of Water Taken							
Other Fluid put Through the Tube							
Number of Stools							
Stool Consistency (hard, soft, watery)							
Tube Site (is skin clean, red or sore)							
<ul style="list-style-type: none"> Other Intolerance symptoms and how often they occur 							
<ul style="list-style-type: none"> Any questions or concerns related to the tube feeding 							