



	VOLUME OF FLUID INTAKE	INCONTINENCE		VOIDING THE BLADDER IN RESTROOM	VOLUME OF URINE PASSED	ADDITIONAL INFORMATION
		NO URGE	URGE			
0:00 - 1:00 AM						
1:00 - 2:00 AM						
2:00 - 3:00 AM						
3:00 - 4:00 AM						
4:00 - 5:00 AM						
5:00 - 6:00 AM						
6:00 - 7:00 AM						
7:00 - 8:00 AM						
8:00 - 9:00 AM						
9:00 - 10:00 AM						
10:00 - 11:00 AM						
11:00 - 12:00 AM						
12:00 - 1:00 PM						
1:00 - 2:00 PM						
2:00 - 3:00 PM						
3:00 - 4:00 PM						
4:00 - 5:00 PM						
5:00 - 6:00 PM						
6:00 - 7:00 PM						
7:00 - 8:00 PM						
8:00 - 9:00 PM						
9:00 - 10:00 PM						
10:00 - 11:00 PM						
11:00 - 12:00 PM						

DAY

Volume of fluid intake (in total) (fl oz)

Volume of urine passed in toilet (in total) (fl oz)

LEGEND

- **volume of urine passed in toilet**, e.g.: 0.7 fl oz, 1 fl oz, 1.4 fl oz, 1.7 fl oz, 3.5 fl oz etc. To make a proper measure we recommend passing urine to measuring cylinder or a container with a scale.
- **volume of fluid intake**: cup - 5.3 fl oz, glass - 7 fl oz, mug - 10.6 fl oz, soup plate - 8.8 - 14.1 fl oz
- **circumstances of incontinence episode**, for example laugh, cough, heavy-lifting, change of body position etc.
- **underwear protection used (mark the change of an absorbent product with the right letter)**:
P - bladder control pads, B - briefs, SP - shaped pad, U - pull-on underwear