Bladder Diary

Track your bladder habits for 2-3 days.

When counting urine volume in seconds count: 1-one-thousand, 2-one-thousand, etc.

Date	Drink		Urine		Leakage		
Time	Type	How Much	Volume (sec)	How Urgent 0-3 3=most urgent	Leakage with Urgency	Leakage with Activities	Pad Change
Apr 25th 9-10am	Coffee	8oz	6s	1	-	-	-

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