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Bladder Diary

Please complete for at least 3 days, including one weekend day (if your weekend is considerably different than your weekdays).

Voiding = peeing on purpose. **Leaking** = not on purpose

For Leaks: Small = a couple of drops. Medium = need to change panties or liner. Large = Need to change EVERYTHING. Also, for leaks, please note if Urge was present and trigger (water, shower, key in door, etc)

When voiding, counting "one-one thousand, two one-thousand, etc". Each second of voiding is equivalent to one ounce of fluid voiding.

If you are ALSO having constipation/fecal urgency/leakage—please complete the Bladder AND Bowel Diary

Time of day	Fluid Intake Amt	Fluid Intake Type	Void/Leak	Amount