



This is a diary of your fluid intake, toilet visits, volumes, accident and leakage and comments

## Instructions

- Complete chart preferably over three consecutive days
- Place an ice cream container to enable you to 'catch' the urine
- Measure the volume using a 1L measuring jug. This can be obtained from your supermarket or other local convenience store.
- Comments should include what you were doing at the time i.e coughing, sneezing, running and should also include sense of urgency and if unable to make it to the toilet

example

Date	Time	Vol. Fluid Intake	Туре	Toilet Vol	Leakage	Comments
1.1.12	7am	250	coffee	300	yes	experienced urgency