

VOIDING DIARY



FOR THE WEEK OF	WAKE-UP	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	EVENING	BEDTIME	BOWEL MOVEMENT	GLASSES OF WATER
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

* You should drink _____ 8oz glasses of water a day.
*You should void approximately every 2 hours.

*Indicate wheter wet or dry.
*Write down time of void and amount of void.