**Voiding Diary**

**INSTRUCTIONS**
1. Urinate into a measuring cup (e.g. from kitchen)
2. Write down the TIME you went the washroom
3. Write down the AMOUNT in ounces or milliliters (ML)
4. Discard the urine
5. Record DAY and NIGHT

**TIPS**
- Does NOT need to be consecutive days
- MEASURING CUP: one for cooking/baking will work
- Do your best – no worries if you miss a few measurements
- Do NOT change your drinking habits

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