Change it up!

Bladder Diary

Date:

Time	Toilet Visit	Leakage 1 = few drops 2 = wet underwear 3 = soaked or emptied bladder	Reason Stress* Urge** Unaware	Liquid Input Sip Glass / Cup Pint	Notes

*STRESS = Leaks due to coughing, sneezing, laughing and exercise
**URGE = expelling the bladder contents randomly