

	VOLUME OF FLUID INTAKE	INCONTINENCE		VOIDING THE BLADDER IN TOILET	VOLUME OF URINE PASSED	ADDITIONAL INFORMATION
		NO URGE	URGE			
00:00 - 01:00						
01:00 - 02:00						
02:00 - 03:00						
03:00 - 04:00						
04:00 - 05:00						
05:00 - 06:00						
06:00 - 07:00						
07:00 - 08:00						
08:00 - 09:00						
09:00 - 10:00						
10:00 - 11:00						
11:00 - 12:00						
12:00 - 13:00						
13:00 - 14:00						
14:00 - 15:00						
15:00 - 16:00						
16:00 - 17:00						
17:00 - 18:00						
18:00 - 19:00						
19:00 - 20:00						
20:00 - 21:00						
21:00 - 22:00						
22:00 - 23:00						
23:00 - 24:00						

DAY

Volume of fluid intake (in total) (ml)

Volume of urine passed in toilet (in total) (ml)

## LEGEND

- **volume of urine passed in toilet** e.g.: 20ml, 30ml, 40ml, 50ml, 100ml etc. To make a proper measure we recommend passing urine to measuring cylinder or a container with a scale.
- **volume of fluid intake:** cup - 150ml, glass - 200ml, mug - 300ml, soup plate - 250-400ml
- **circumstances of incontinence episode**, for example laugh, cough, heavy-lifting, change of body position etc.
- **underwear protection used (mark the change of an absorbent product with the right letter):** B - bladder control pad, A - all-in-one diaper, P - anatomically shaped pad, E- elastic underwear, O - other