## 3 DAY VOIDING DIARY

This chart is a record of your voiding and leakage or urine. Choose three (3) separate 24 hour periods to complete this record. Pick days which will be most convenient for you to measure every void.

## INSTRUCTIONS:

1. Begin recording with your first morning void.
2. Measure all voids in seconds by counting "one Mississippi", "two Mississippi", etc.
3. Measure and record all voids for the next 3 days.
4. Record each leak and the activity you were doing at the time. Leak volume can be described by using the following number code: 0 . No problems
5. Dampness
6. Wetness of clothing/pad
7. Soaked/Emptied Bladder
8. Record type and amount of fluid intake such as milk, chocolate milk, orange juice, decaf coffee, etc.

EXAMPLE

| Time | Amount Voided <br> in seconds | Leak Volume | Activity During Leak | Type \& Amount of Fluid Intake <br> During Period |
| :--- | :--- | :---: | :---: | :--- |
| 7 am | 12 seconds | 0 | 0 | None at that time |
| 8 am |  |  |  | 12 oz regular coffee, 6 oz grape juice |
| 10 am |  | 2 | Walking | None |

DAY \# 1 - DATE:

| Time | Amount Voided <br> in seconds | Leak Volume | Activity During Leak | Type \& Amount of Fluid Intake <br> During Period |
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DAY \# 2 - DATE:

| Time | Amount Voided <br> in seconds | Leak Volume | Activity During Leak | Type \& Amount of Fluid Intake <br> During Period |
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DAY \# 3 - DATE:

| Time | Amount Voided <br> in seconds | Leak Volume | Activity During Leak | Type \& Amount of Fluid Intake <br> During Period |
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