

Bladder Diary

Use this diary to record the amount of toilet visits, leaks and drinks you have each day. This will help you to track your incontinence over time and see improvements when using your Kegel8.

Date:	Kegel8 Used:	Pads Used:	

	Drinks		Bathroom Visits			Amount of			Strong			
Time	Type Amou	A	How Many?	Amount		Leaks			Urge?		Activity	
		Amount		Low	Med	High	Low	Med	High	Yes	No	
Example	Coffee	1 cup	2		X		X			X		Running
12 - 1 am												
1 - 2 am												
2 - 3 am												
3 - 4 am												
4 - 5 am												
5 - 6 am												
6 - 7 am												
7 - 8 am												
8 - 9 am												
9 - 10 am												
10 - 11 am												
11 - 12 am												
12 - 1 pm												
1 - 2 pm												
2 - 3 pm												
3 - 4 pm												
4 - 5 pm												
5 - 6 pm												
6 - 7 pm												
7 - 8 pm												
8 - 9 pm												
9 - 10 pm												
10 - 11 pm												
11 - 12 pm												