Time	drink type			s to bathroom How much urine -in Milliletres	Accidental leaks How much Small Med large	Urge (1-4)	Activity Cough,sex,lifting, key in door, walking	Diet Grains, Veges, Fruits, fibre, food type	Exercises Pelvic Floor - type	other comments
10-11am	∎ tea	2 cups	2			1	running	sandwich	10 reps Strong	
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- Each diary page will cover 24hrs and starts from 12am, early morning and night voids should also be recorded
- Please complete the bladder diary for at least 5 days
- In the toilet, wee into a plastic container such as an ice cream container and set this directly into the toilet, then tip this into a measuring jug before flushing down the toilet .