

# WeeFree™ Women

A self help guide to curing incontinence

## Fill and flow diary

Date	Time	Fill volume	type/ volume	Urine flow/ volume	Comment

Record all your liquid intakes (fill) and urine outputs (flow) over a 24 hour period.

People with normal bladder function and a fluid intake of 6 to 8 cups a day, usually need to empty their bladders 4 to 6 times a day and pass 1 to 2 cups of urine each time. They can wait until it is convenient to go to the toilet. The urine flows easily until the bladder is empty and there is no leakage between visits to the toilet.

For more information about WeeFree™ Women, visit the website [www.weefreewomen.com](http://www.weefreewomen.com)



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