

Bladder Tracker

Ask Identify Discovery Solution



This bladder tracker will help you figure out the causes of your bladder control. The “example” line shows you how to use the tracker, click on any of the light blue boxes to type in your text, remember to click save.

| Time | Drinks what kind? | Quantity oz, cups | Trips to the bathroom | | | Accidental leaks | | | Did you feel strong urge to go? | What were you doing at the time? | |
|----------------|-------------------|-------------------|-----------------------|-----------------|----|------------------|-----------|----|---------------------------------|----------------------------------|---------------|
| | | | How many times? | How much urine? | | | How much? | | | | |
| | | | | Sm | Md | Lg | Sm | Md | Lg | | |
| <i>Example</i> | <i>Water</i> | <i>8 Ounces</i> | ✓ ✓ ✓ | | | ✓ | ✓ | | | YES - NO | Speed walking |
| 6 - 7am | | | | | | | | | | | |
| 7 - 8am | | | | | | | | | | | |
| 8 - 9am | | | | | | | | | | | |
| 9 - 10am | | | | | | | | | | | |
| 10 - 11am | | | | | | | | | | | |
| 11- 12 noon | | | | | | | | | | | |
| 12 - 1pm | | | | | | | | | | | |
| 1 - 2pm | | | | | | | | | | | |
| 2- 3pm | | | | | | | | | | | |
| 3 - 4pm | | | | | | | | | | | |
| 4 - 5pm | | | | | | | | | | | |
| 5 - 6pm | | | | | | | | | | | |
| 6 -7pm | | | | | | | | | | | |
| 7 - 8pm | | | | | | | | | | | |
| 8 - 9pm | | | | | | | | | | | |
| 9 - 10pm | | | | | | | | | | | |
| 10 -11pm | | | | | | | | | | | |
| 11- 12 mid | | | | | | | | | | | |
| 12 - 1am | | | | | | | | | | | |
| 1 - 2am | | | | | | | | | | | |
| 2 - 3am | | | | | | | | | | | |
| 3 - 4am | | | | | | | | | | | |
| 5 - 6am | | | | | | | | | | | |