for void or accident

only use if you leak

ok to ignore

don't worry about exact time

circle wake-up and ~~sleep~~ bed time

TIME	Amount voided (in ccs)	LEAK Volume 1 = drops/damp 2 = wet-soaked 3=bladder emptied	Activity during leak	Was there an urge?	Fluid intake (Amount in ounces/type)
6:30a	350				2c coffee
~~7:30~~	150				8oz water
9:30	150				
11:00		1	cough		16oz lemonade
11:30	250				
1:30p	350				32oz Diet Coke
4:30p		2	jumping		
5:00p	400				8oz wine
6:00p		2	urge		16oz water
6:00p	500				1c coffee
8p					
10p	100				4oz water
2a	200				

good for preventing stone :)

2450 ← 24 hour total

You can start at any time, but the total needs to be for 24 hours. So, if Day 1 starts at 6am, then all the other days start at 6am.

Remember, there are generally 2 types of leakage. One with activity and the other is urge (couldn't make it to bathroom on time).