



elizabethrogers
PILATES & PHYSICAL THERAPY

DAILY VOIDING LOG

Time of Day	Type & Amt of Food/Drink	Amt Voided (S, M, or L or in seconds)	Amt of Leakage (S, M, or L)	Urge Present? 1, 2, or 3	Activity with Leakage?
12:00 am (midnight)					
1:00 am					
2:00 am					
3:00 am					
4:00 am					
5:00 am					
6:00 am					
7:00 am					
9:00 am					
10:00 am					
11:00 am					
12:00 pm (noon)					
1:00 pm					
2:00 pm					
3:00 pm					
4:00 pm					
5:00 pm					
6:00 pm					
7:00 pm					
8:00 pm					
9:00 pm					
10:00 pm					
11:00 pm					

Number of pads or protective layering used: _____

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Amt Voided: Small: 3-5 seconds or going “just in case”. Medium: seemed like 8 oz glass would fill or 5-10 sec worth. Large: seemed like you just woke up in the morning (>12 seconds)

Amt of Leakage: Small: drop or two of urine. Medium: wet underwear. Large: wet outerwear or floor. Urge Present: 1: mild, first sensation of needing to go. 2: moderate, stronger sensation but can wait for a little bit. 3: strong, need to go to toilet ASAP