

Frequency - Volume Fluid Chart

Instructions - Week 2

During Week 2, you only need to record when bedwetting occurs.

Start a new column for each day at 6 am each morning.

For each day;

Record the time and amount if urine is passed through the night.

If bedwetting occurs, write **W** and an estimate of the amount of urine passed, by writing:
W S for a small amount,
W M for a medium amount,
W L for a large amount of urine.

Indicate bedtime by writing **B** and the time of waking to get up in the morning by writing **M** in the column for each day.

Please note that we need a record of bedwetting for the full two weeks.

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	<i>Urine</i>	<i>Urine</i>	<i>Urine</i>	<i>Urine</i>	<i>Urine</i>	<i>Urine</i>	<i>Urine</i>
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
Midday							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
Midnight							
1 am							
2 am							
3 am							
4 am							
5 am							

Date Started...../...../.....

Name.....