VOIDING DIARY

This chart is a record of your voiding. Choose one 24-hour period to complete this record when you are able to measure every void. For instance, begin measuring at 7 AM on the start to 7 AM of the next day.

INSTRUCTIONS

1. Begin this record with your first void of the morning.
2. Record the time of all voids.
3. Measure all voids in cc's (on right side of measuring device).

Time	Amount Voided