

## Bowel and Bladder Health Program

### Weekly Record

Name \_\_\_\_\_

Week of \_\_\_\_\_

#### Instructions

Insert the following symbols into the appropriate time spaces

- |                    |                 |                |
|--------------------|-----------------|----------------|
| T = Toilet         | L = Small Leak  | A = Large Leak |
| G = 8 oz fluid     | * = Caffeinated | P = Pad        |
| B = Bowel Movement |                 |                |

**Monday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Tuesday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Wednesday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thursday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Friday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Saturday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Sunday, Date** \_\_\_\_\_

6-8 am \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

12-2 pm \_\_\_\_\_

2-4 \_\_\_\_\_

4-6 \_\_\_\_\_

6-8 \_\_\_\_\_

8-10 \_\_\_\_\_

10-12 \_\_\_\_\_

Overnight \_\_\_\_\_

\* Pads used (Comments) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_