**Instructions:**

1. Choose 3 days on which to complete the voiding diary. These should be days during which it will be convenient for you to measure and record ***everything*** you drink, leak or urinate. They do not have to be 3 consecutive days.
2. Record each time you take in fluid, leak urine or urinate. Each record should be on a separate line.
3. Begin recording in the morning and continue for 24 hours.
4. Record amounts in either milliliters (mL) or ounces (oz).
5. Record amounts of leakage as either small, medium or large.

**Example:**

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| **Time** | **Fluid intake** | **Voided amount** | **Leak amount** | **Activity or urgency?** |
| 7:25 am |  | 250 mL |  |  |
| 8:00 am | 500 mL juice |  |  |  |
| 9:45 am |  | 100 mL | Small | Urgency |
| 10:45 am | 250 mL coffee |  |  |  |
| 11:15 am |  |  | Large | Cough |
| 12:00 |  | 150 mL |  |  |

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| **Time** | **Fluid intake** | **Voided amount** | **Leak amount** | **Activity or urgency?** |
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| **Time** | **Fluid intake** | **Voided amount** | **Leak amount** | **Activity or urgency?** |
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| **Time** | **Fluid intake** | **Voided amount** | **Leak amount** | **Activity or urgency?** |
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