

3-Day Bladder Diary

Understanding your bladder habits, one day at a time

Tracking your bladder for three days can help you notice patterns in bathroom trips, fluid intake, urgency, leakage, and nighttime urination.

You don't need to change anything while you're tracking. Just record what naturally happens.

HOW TO USE THIS DIARY

Record what you drink, when you urinate, how strong the urge feels, and whether you experience leakage. Include nighttime bathroom trips as well. Try to keep your routine as normal as possible so the diary reflects your usual habits.

Urgency scale: 0 = No urgency 1 = Mild 2 = Moderate 3 = Strong / difficult to ignore

Pelvic Health Madison

Bring your completed diary to your pelvic health appointment so your clinician can review it with you.

DAY 1

Date: _____

WHAT I DRANK

Time	What did you drink?	Amount

BATHROOM TRIPS

Time	Urgency 0-3	Urinated?	Leakage?	Notes
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	

OVERNIGHT

Time went to bed: _____ Times woke up to urinate: _____

Time woke up for the day: _____

Notes:

DAY 2

Date: _____

WHAT I DRANK

Time	What did you drink?	Amount

BATHROOM TRIPS

Time	Urgency 0-3	Urinated?	Leakage?	Notes
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	

OVERNIGHT

Time went to bed: _____ Times woke up to urinate: _____

Time woke up for the day: _____

Notes:

DAY 3

Date: _____

WHAT I DRANK

Time	What did you drink?	Amount

BATHROOM TRIPS

Time	Urgency 0-3	Urinated?	Leakage?	Notes
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	
		☐ Yes ☐ No	☐ Yes ☐ No	

OVERNIGHT

Time went to bed: _____ Times woke up to urinate: _____

Time woke up for the day: _____

Notes:

What Did You Notice?

After three days, take a few minutes to look back at your diary.

How often was I urinating during the day?

How often was I waking up to urinate?

Did I notice certain drinks that seemed to increase urgency?

Did I notice myself going “just in case”?

When was my urgency strongest?

Did I experience leakage? If so, when?

What would I like to discuss with my pelvic health physical therapist?

A few things to remember

This diary is not about judging how often you go or trying to hold your urine for longer than is comfortable. It's simply a way to understand your current bladder habits and identify patterns that may be contributing to your symptoms.

Bring your completed diary to your appointment so your pelvic health physical therapist can use it as part of your evaluation.

Your bladder habits tell a story. Let's take a look at yours.

Have questions about your bladder symptoms?

Bring this diary to your pelvic health evaluation and we'll review it together.