## W.I.S.H. CLINIC <br> IN AND OUT LOG

DATE: $\qquad$
Drink $\qquad$ ounces of water every $\mathbf{2}$ hours from breakfast until $\mathbf{2}$ hours before bedtime.

| What time <br> did you drink? | WHAT did <br> you drink | How much <br> did you drink? | What time <br> did you <br> urinate (pee)? | Did you have <br> a BM (poop)? <br> Hard of Soft? | Did you have <br> a daytime <br> accident? | Did you wet <br> the bed? |
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