

W.I.S.H. CLINIC IN AND OUT LOG

DATE:	
Drink	ounces of water every 2 hours from breakfast until 2 hours before bedtime.

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