

FREQUENCY VOLUME CHART



Primary Care Urology Society

www.primarycareurologysociety.org

DAY 1					
Time	Drinks		Urine		Accidental Leaks
	What kind?	How much?	How urgent?	How much?	Y/N
Example	Coffee	2 Cups	1-3 (3=most urgent)	25 mLs	YES
6-7 am					
7-8 am					
8-9 am					
9-10 am					
10-11 am					
11-12 midday					
12-1 pm					
1-2 pm					
2-3 pm					
3-4 pm					
4-5 pm					
5-6 pm					
6-7 pm					
7-8 pm					
8-9 pm					
9-10 pm					
10-11 pm					
11-12 midnight					
12-1 am					
1-2 am					
2-3 am					
3-4 am					
4-5 am					
5-6 am					
TOTAL					

DAY 2					
Time	Drinks		Urine		Accidental Leaks
	What kind?	How much?	How urgent?	How much?	Y/N
Example	Coffee	2 Cups	1-3 (3=most urgent)	25 mLs	YES
6-7 am					
7-8 am					
8-9 am					
9-10 am					
10-11 am					
11-12 midday					
12-1 pm					
1-2 pm					
2-3 pm					
3-4 pm					
4-5 pm					
5-6 pm					
6-7 pm					
7-8 pm					
8-9 pm					
9-10 pm					
10-11 pm					
11-12 midnight					
12-1 am					
1-2 am					
2-3 am					
3-4 am					
4-5 am					
5-6 am					
TOTAL					

DAY 3					
Time	Drinks		Urine		Accidental Leaks
	What kind?	How much?	How urgent?	How much?	Y/N
Example	Coffee	2 Cups	1-3 (3=most urgent)	25 mLs	YES
6-7 am					
7-8 am					
8-9 am					
9-10 am					
10-11 am					
11-12 midday					
12-1 pm					
1-2 pm					
2-3 pm					
3-4 pm					
4-5 pm					
5-6 pm					
6-7 pm					
7-8 pm					
8-9 pm					
9-10 pm					
10-11 pm					
11-12 midnight					
12-1 am					
1-2 am					
2-3 am					
3-4 am					
4-5 am					
5-6 am					
TOTAL					