Day 1 Frequency: D ay:_____   Night: _____   (24hr: _____)
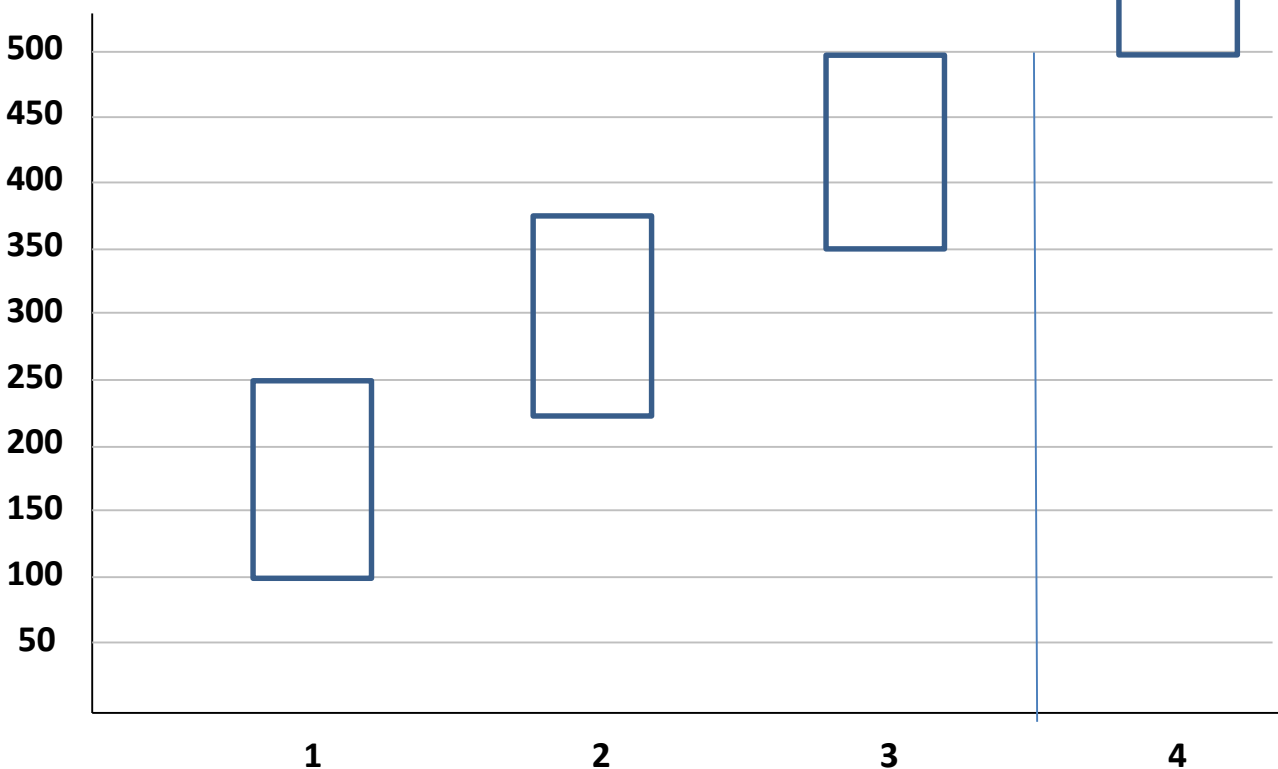**Day 2 Frequency:**   D ay:_____   Night: _____   (24hr: _____)

Bladder Volume per urge grade: (Day voids only for both days)   Average   No. of Voids   % of Voids

1 = _____ = _____mls   _____   _____%
2 = _____ = _____mls   _____   _____%
3 = _____ = _____mls   _____   _____%
4 = _____ = _____mls   _____   _____%

Minimum Time to   Urge 4:_____

500			
450			
400			
350			
300			
250			
200			
150			
100			
50			

        1   2   3   4

Day 1

Urine Production: Day: _____   Night: _____   24hr:_____
Nocturia Assessment: Noctur. Polyuria Index: _____%   Vol/hr asleep _____mls
Fluid Intake: 24hr: _____   3hrs before bed: _____

Day 2

Urine Production: Day: _____   Night: _____   24hr:_____
Nocturia Assessment: Noctur. Polyuria Index: _____%   Vol/hr asleep_____mls
Fluid Intake: 24hr: _____   3hrs before bed: _____