Behavior Tracker DAY ____

The Bladder Cure™

Time	Void or Leak Sm/Med/Lg	Urgency Yes/No	Fluid Intake # Cups	Type of Liquid	Food or Medication Intake
Total					

If you would like to print more copies of this Behavior Tracker, please visit www.thebladdercure.com for a downloadable PDF version.

Behavior Tracker DAY ____

The Bladder Cure™

Time	Void or Leak Sm/Med/Lg	Urgency Yes/No	Fluid Intake # Cups	Type of Liquid	Food or Medication Intake
Total					

If you would like to print more copies of this Behavior Tracker, please visit www.thebladdercure.com for a downloadable PDF version.