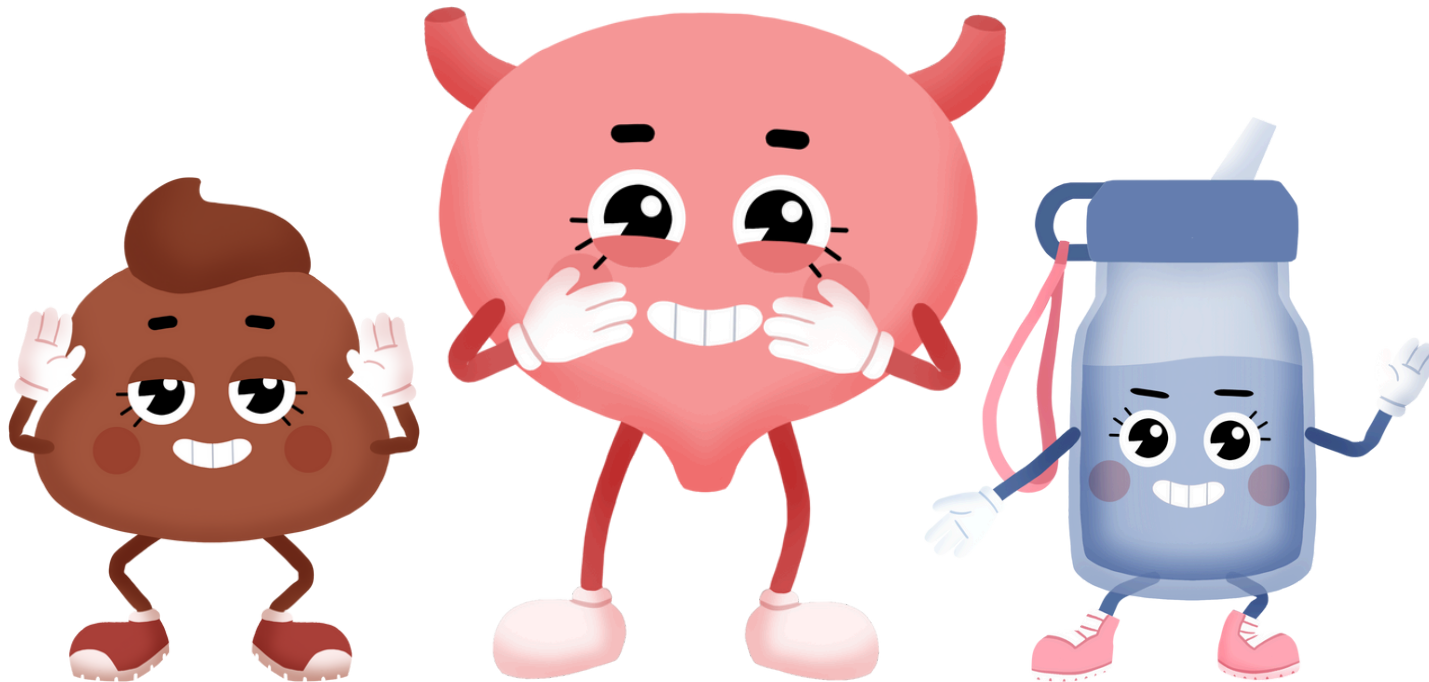


Healthy Bladder Habit Tracker

What is the Healthy Bladder Habit Tracker? This handout helps you keep track of important habits for good bladder health. It's a checklist with suggested habits for peeing, pooping, eating, and drinking. Use it at home at anytime.

Why use this handout? This handout can help track healthy habits over a longer period of time.

How do I use the Healthy Bladder Habit Tracker? Print out the handout and check off each box when a habit is completed. The numbers at the top of the tracker represent the days of the month, (e.g. 1 = 1st day of the month). Place the tracker somewhere visible, like on the fridge or bathroom mirror so that you don't forget about it!



HEALTHY BLADDER HABIT TRACKER

Month: _____

This is a daily tracker to keep your bladder healthy and happy! Your bladder is a muscle that helps you pee. Everyday, we should be peeing, pooping, drinking water, and eating fiber.



	Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Peeing	Did you pee when you woke up today?																															
	Did you pee at school?																															
	Did you pee right after school?																															
	Did you pee before dinner?																															
	Did you pee before bedtime?																															
	Did you have any accidents today?																															
Pooping	Did you have one soft poop today?																															
Drinking	How many cups/ounces of water did you drink today?																															
Eating	Did you eat at least five servings* of fruits or vegetables today?																															
	Add your own habit here (e.g.: Stop drinking fluids 2 hours before bed):																															

Notes:

*Based on the recommendation from the National Health Service: <https://www.nhs.uk/live-well/eat-well/5-a-day/portion-sizes/#:~:text=Everyone%20should%20have%20at%20least,fruit%20and%20vegetables%20every%20day.>