

Symptom Tracker

Patient Name _____

Date _____ **PRE** or **POST**



DAY	Did You Void or Leak?	Was the Amount...	How Badly Did You Need to Go?	Comment
Time	Void, Leak	Slight, Moderate, Heavy	Slight, Moderate, Severe	
6 am				
7				
8				
9				
10				
11				
12 pm				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12 am				
1				
2				
3				
4				
5				



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11				
12 am				
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2				
3				
4				
5				

How many times did you change pads today? _____ Did you change your clothes due to leaking? **YES** or **NO**

Were there any social events you chose not to attend today?

How bothersome were your symptoms today? **A little** **Somewhat** **A lot**

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