

2-day Voiding Diary: Day 1 (Daytime)

(do not register nighttime voiding and the first voiding after waking up)

Moderate Fluid Intake

(maximum 1500 ml in the summer, maximum 1000 ml in the winter)

	Voiding time	Urine portion (ml)
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.		
Total amount of urine during the measured period:		ml
Average urine portion (total amount / number of voiding):		ml

Name: Date