



Stay Dry at Night

# Poo Diary!



Week & Date

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Did a poo? Put a ✓ for each time you went							
Type of poo? (See chart for type)							
LARGE (L), medium (M) or small (S) poo?							
A) Was it easy to get poo out							
B) A little difficult to get poo out							
C) Had to push really hard to get poo out							
Did it hurt to poo?							
Wet underwear during day?							
Wet bed this night? (Fill out in morning)							

Notes