

Time	Sample	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6:00								
6:30								
7:00	<i>W</i>							
7:30	<i>D</i>							
8:00	<i>P/W</i>							
8:30	<i>D</i>							
9:00	<i>D</i>							
9:30	<i>D</i>							
10:00	<i>D</i>							
10:30	<i>W</i>							
11:00	<i>D</i>							
11:30	<i>D</i>							
12:00	<i>D</i>							
12:30	<i>D</i>							
1:00	<i>W</i>							
1:30	<i>D</i>							
2:00	<i>D</i>							
2:30	<i>D</i>							
3:00	<i>W</i>							
3:30	<i>D</i>							
4:00	<i>D</i>							
4:30	<i>D</i>							
5:00	<i>D</i>							
5:30	<i>D</i>							
6:00	<i>D</i>							
6:30	<i>W</i>							
7:00	<i>D</i>							
7:30								
8:00								
8:30								
HOURS	<i>12</i>							
Wets	<i>5</i>							
Ave Dry	<i>2.4 hrs</i>							

Check diaper/pull up every 30 minutes (just feel) – if dry, put a D in the space, if wet, put a W in the space (and change diaper as needed). If pooped- put in a P. All you are doing is tracking – nothing else.

This is to give us an idea of how often your child needs to go to the bathroom.

Add up the number of hours tracked each day. Add up the number of wet diapers (don't count overnight diaper or off the bus from school). Hours divided by wet diapers gives rough amount of time your child stays dry.

Total the averages over the 5 -7 days you tracked to find average dry time – that is the frequency your child starts with.