

Nocturia Diary

	Amount Voided (cc or ounces)	Type of fluid (water, coffee, etc)	Amount of fluid consumed (cc or ounces)
6am			
7am			
8am			
9am			
10am			
11am			
Noon			
1pm			
2pm			
3pm			
4pm			
5pm			
6pm			
7pm			
8pm			
9pm			
10pm			
11pm			
Midnight			
1am			
2am			
3am			
4am			
5am			