

Pee Tracking Diary

Date _____

Time	I drank	I peed		Pee color
		Seconds	oz -or- mL	
Midnight				
1 am				
2 am				
3 am				
4 am				
5 am				
6 am				
7 am				
8 am				
9 am				
10 am				
11 am				
Noon				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				
7 pm				
8 pm				
9 pm				
10 pm				
11 pm				

How to use this chart?

During the day, record:

- How much you drank
- How much you peed (or how many seconds you peed for)
- The color of your pee

The “Golden Rule”

Drink enough to make 1 cup of yellow pee, every 3 to 4 hours

How do I know how much I peed?

The most accurate way to see how much you’re peeing is to measure it in a container, but that can be a pain. An easier way is to count how many seconds you pee. For most people: 20 seconds of peeing = 1 cup (8 ounces) of liquid. To find your personal “flow rate”, count AND measure your pee a few times.

Pee Tracking Tips

To find out exactly how much you’re peeing, you really do have to measure, but it’s not as bad as it sounds. Here are some ways to make it easier:

- **Get a “toilet hat”.** Ask your pharmacist or look online for a urine specimen collection unit, also called a “toilet hat”, or “Texas hat”. It sits over your toilet seat and has lines to measure your output when you pee in it.
- **Go low-tech.** Use a large jar, measuring cup, or other container to collect your pee. If you need to, dump it into another container to measure. Do the transfer over your toilet or tub in case of spills.
- **Keep it clean.** Leave a pitcher of water in the bathroom to rinse out your pee collection container. That way you can rinse after you measure, then flush it all.