**Elimination Data Sheet**

**KEY:**

**U** = Urinated in toilet **B** = Bowel movement in toilet

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE**  **TIME** | Mar 6  **EXAMPLE** | / | / | / | / | / | / | **NOTES** |
| **Awake** | UX |  |  |  |  |  |  |  |
| **9:00** | D |  |  |  |  |  |  |  |
| **9:30** | D |  |  |  |  |  |  |  |
| **10:00** | D |  |  |  |  |  |  |  |
| **10:30** | D |  |  |  |  |  |  |  |
| **11:00** | UX |  |  |  |  |  |  |  |
| **11:30** | D |  |  |  |  |  |  |  |
| **12:00** | D |  |  |  |  |  |  |  |
| **12:30** | D |  |  |  |  |  |  |  |
| **1:00** | BM |  |  |  |  |  |  |  |
| **1:30** | D |  |  |  |  |  |  |  |
| **2:00** | D |  |  |  |  |  |  |  |
| **2:30** | D |  |  |  |  |  |  |  |
| **3:00** | D |  |  |  |  |  |  |  |
| **3:30** | UX |  |  |  |  |  |  |  |

**UX** = Urinated (accident) **BX** = Bowel movement (accident) **D =** Dry (Did not urinate)

Notes: Please track if Child has urinated (in toilet or accident in diaper), or had bowel movement (in toilet or accident in diaper) or if he/she is dry every **30 minutes** at school. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_