

INCONTINENCE: PAD USAGE – WEEKLY JOURNAL

Use this journal page to keep track of your pad usage. It will help you and your doctor evaluate your return to continence, and help to determine the best solutions for you.

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| WEEK 1 | | | | | | | WEEK 18 | | | | | | | WEEK 35 | | | | | | |
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| WEEK 2 | | | | | | | WEEK 19 | | | | | | | WEEK 36 | | | | | | |
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| WEEK 3 | | | | | | | WEEK 20 | | | | | | | WEEK 37 | | | | | | |
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| WEEK 4 | | | | | | | WEEK 21 | | | | | | | WEEK 38 | | | | | | |
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| WEEK 5 | | | | | | | WEEK 22 | | | | | | | WEEK 39 | | | | | | |
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| WEEK 6 | | | | | | | WEEK 23 | | | | | | | WEEK 40 | | | | | | |
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| WEEK 7 | | | | | | | WEEK 24 | | | | | | | WEEK 41 | | | | | | |
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| WEEK 8 | | | | | | | WEEK 25 | | | | | | | WEEK 42 | | | | | | |
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| WEEK 9 | | | | | | | WEEK 26 | | | | | | | WEEK 43 | | | | | | |
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| WEEK 10 | | | | | | | WEEK 27 | | | | | | | WEEK 44 | | | | | | |
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| WEEK 11 | | | | | | | WEEK 28 | | | | | | | WEEK 45 | | | | | | |
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| WEEK 12 | | | | | | | WEEK 29 | | | | | | | WEEK 46 | | | | | | |
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| WEEK 13 | | | | | | | WEEK 30 | | | | | | | WEEK 47 | | | | | | |
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| WEEK 14 | | | | | | | WEEK 31 | | | | | | | WEEK 48 | | | | | | |
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| WEEK 15 | | | | | | | WEEK 32 | | | | | | | WEEK 49 | | | | | | |
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| WEEK 16 | | | | | | | WEEK 33 | | | | | | | WEEK 50 | | | | | | |
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| WEEK 17 | | | | | | | WEEK 34 | | | | | | | WEEK 51 | | | | | | |