

My Bladder/Brain Co-operation Training Chart			
	Alarm went off?		Dry all night?
Day	Time	Size of wet patch	(Yes or no)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

If using the alarm doesn't work for you, it is probably because your body just isn't quite ready yet - **so don't worry**.

Use the ☒ button (to right corner) to close the window and return to the topic 'Bedwetting alarms'.