

BONUS #1

THE 7-DAY BLADDER CONFIDENCE *Tracker*



A simple 7-day worksheet to help you spot your patterns, understand your triggers, and practise with more confidence.



DAILY TRACKER

DATE:	DAY 1	DAY 2	DAY 4	DAY 5	DAY 6	DAY 7
LEAKAGE						
TRIGGERS						
URGENCY						
ACTIVITIES						
DRINKS						
BATHROOM BATHROOM HABITS						
CONFIDENCE (1-5)						



THE 7-DAY BLADDER CONFIDENCE TRACKER



The Leak Switch™
P.A.C.E.™ SYSTEM



HOW TO USE THIS TRACKER

You don't need to record every single detail of your day.

For the next 7 days, simply notice the moments that seem relevant.

Look for patterns in:

- leakage
- urgency
- movement
- drinks
- bathroom habits
- confidence

Remember:

You're collecting information—not judging yourself.

DAY 1

Date: _____

Did I experience leakage today?

- ☐ No
☐ Yes

What was happening when it occurred?

Did I feel an urge beforehand?

- ☐ Yes
☐ No
☐ Not sure

Possible trigger:

- ☐ Coughing
☐ Sneezing
☐ Laughing
☐ Standing
☐ Lifting
☐ Exercise
☐ Sudden urgency
☐ Other: _____

How confident did I feel today?

1 2 3 4 5

One thing I noticed:

DAY 2

Date: _____

Leakage: ☐ No ☐ Yes

What happened?

Urge beforehand: ☐ Yes ☐ No ☐ Not sure

Possible trigger:

One drink/habit I want to remember:

Confidence: 1 2 3 4 5

Today's observation:

DAY 3

Date: _____

Leakage: ☐ No ☐ Yes

What happened?

Urge beforehand: ☐ Yes ☐ No ☐ Not sure

Possible trigger:

Movement/activity involved:

Confidence: 1 2 3 4 5

Today's observation:

DAY 4

Date: _____

Leakage: ☐ No ☐ Yes

What happened?

Urge beforehand: ☐ Yes ☐ No ☐ Not sure

Possible trigger:

What did I drink or notice beforehand?

Confidence: 1 2 3 4 5

Today's observation:

DAY 5

Date: _____

Leakage: ☐ No ☐ Yes

What happened?

Urge beforehand: ☐ Yes ☐ No ☐ Not sure

Possible trigger:

Was I avoiding or planning around a bathroom?

☐ Yes ☐ No

Confidence: 1 2 3 4 5

Today's observation:

DAY 6

Date: _____

Leakage: ☐ No ☐ Yes

What happened?

Urge beforehand: ☐ Yes ☐ No ☐ Not sure

Possible trigger:

What felt easier today?

Confidence: 1 2 3 4 5

DAY 7

Date: _____

Leakage: ☐ No ☐ Yes

What happened?

Urge beforehand: ☐ Yes ☐ No ☐ Not sure

Possible trigger:

What did I learn this week?

Confidence: 1 2 3 4 5

YOUR 7-DAY PATTERN REVIEW

After completing the tracker, look back.

My most common trigger was:

I noticed leakage most often when:

One habit or drink I want to investigate:

One movement I want to practise:

My confidence changed from:

Day 1: ____ / 5

to

Day 7: ____ / 5

My biggest discovery:

My next small step:

PINPOINT → ACTIVATE → COORDINATE → EXPAND

Your tracker isn't a report card.

It's a tool for understanding your personal pattern.