

# DRINK- EN PLASLIJST










































Dag 1

Naam: \_\_\_\_\_ Datum: \_\_\_\_\_

◆ druppels in onderbroek

◆◆ onderbroek + bovenbroek nat

◆◆◆ drijfnat

Tijd 	Hoeveelheid drinken in ml	Hoeveelheid plas in ml	Droge broek?		Natte broek? Hoe nat is je broek?  ◆   ◆◆   ◆◆◆
			ja 	nee 	
6.00-7.00					◆   ◆◆   ◆◆◆
7.00-8.00					◆   ◆◆   ◆◆◆
8.00-9.00					◆   ◆◆   ◆◆◆
9.00-10.00					◆   ◆◆   ◆◆◆
10.00-11.00					◆   ◆◆   ◆◆◆
11.00-12.00					◆   ◆◆   ◆◆◆
12.00-13.00					◆   ◆◆   ◆◆◆
13.00-14.00					◆   ◆◆   ◆◆◆
14.00-15.00					◆   ◆◆   ◆◆◆
15.00-16.00					◆   ◆◆   ◆◆◆
16.00-17.00					◆   ◆◆   ◆◆◆
17.00-18.00					◆   ◆◆   ◆◆◆
18.00-19.00					◆   ◆◆   ◆◆◆
19.00-20.00					◆   ◆◆   ◆◆◆
20.00-21.00					◆   ◆◆   ◆◆◆
21.00-22.00					◆   ◆◆   ◆◆◆
22.00-23.00					◆   ◆◆   ◆◆◆
23.00-24.00					◆   ◆◆   ◆◆◆
Nachtelijke urineproductie	//////////////////// ////////////////////				◆   ◆◆   ◆◆◆
Nachtelijke vochtintake		//////////////////// ////////////////////	//////////////////// ////////////////////	//////////////////// ////////////////////	//////////////////// ////////////////////

# DRINK- EN PLASLIJST

Dag 2










































Naam: \_\_\_\_\_

Datum: \_\_\_\_\_

◆ druppels in onderbroek

◆◆ onderbroek + bovenbroek nat

◆◆◆ drijfnat

Tijd 	Hoeveelheid drinken in ml	Hoeveelheid plas in ml	Droge broek?		Natte broek? Hoe nat is je broek?  ◆   ◆◆   ◆◆◆
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20.00-21.00					◆   ◆◆   ◆◆◆
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Nachtelijke urineproductie	//////////////////// ////////////////////				◆   ◆◆   ◆◆◆
Nachtelijke vochtintake		//////////////////// ////////////////////	//////////////////// ////////////////////	//////////////////// ////////////////////	//////////////////// ////////////////////

