



# Your Personal Progress Chart

**D=**Dry (no alarm)  
**A=**Alarm (responded)  
**W=**Wet (alarm not heard or heard too late)

Days/Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Monday														
Tuesday														
Wednesday														
Thursday														
Friday														
Saturday														
Sunday														

**7 EASY STEPS:** 1. Put Urosensor™ in minipad. 2. Turn alarm on. 3. When the alarm rings get out of bed and turn alarm off. 4. Go to toilet.  
5. Rinse Urosensor™ in warm water and dry it well. 6. Put the Urosensor™ in a new minipad. 7. Go back to bed and turn alarm on.