

Potty Time Tracking Chart



Week of _____	6 am	7 am	8 am	9 am	10 am	11 am	noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm		
Monday																				
Tuesday																				
Wednesday																				
Thursday																				
Friday																				
Saturday																				
Sunday																				

Directions

The Potty Time Tracking Chart helps you see when your child usually goes to the bathroom. This will help you know the best times to take them. It also helps you keep track of how often your child needs changing.

1. Check the box each time you empty your bladder (✓ = pee)
2. Put an ✕ in the box each time your child has a bowel movement.
3. Use the Moon box to show if your child has an accident during the night.

After tracking for one or two weeks, you should start to notice if there is a pattern.



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