



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY ONE

6:30			KIWI	_____
7:15				_____
8:00				_____
8:45				_____
9:30			ORANGE	_____
10:15				_____
11:00			KIWI	_____
11:45				_____
12:30				_____
13:15				_____
14:00				_____
14:45			NC ORANGE	_____
15:30				_____
16:15				_____
17:30				_____
18:15				_____
19:00			+ Live Yoghurt	_____
19:45			KIWI	_____
20:30				_____

YOUR KEY TO ACTION

	EMPTY BLADDER
	LEMON & GINGER TEA
	HERBAL TEA NC = Non Caffeinated
	GLASS OF WATER
	FRUIT BERRIES
	MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

Try to stay off screens before bedtime but expect to empty your bladder **TWICE** during the night - set an alarm if needed

21:15		_____
22:00		_____
ONCE		_____
TWICE		_____

Well done you have completed Day One.
You'll know what to expect again tomorrow. You've got this! — Carla



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY TWO

6:30			KIWI	_____
7:15				_____
8:00				_____
8:45				_____
9:30			ORANGE	_____
10:15				_____
11:00			KIWI	_____
11:45				_____
12:30				_____
13:15				_____
14:00				_____
14:45			NC ORANGE	_____
15:30				_____
16:15				_____
17:30				_____
18:15				_____
19:00			+ Live Yoghurt	_____
19:45			KIWI	_____
20:30				_____

YOUR KEY TO ACTION

	EMPTY BLADDER
	LEMON & GINGER TEA
	HERBAL TEA NC = Non Caffeinated
	GLASS OF WATER
	FRUIT BERRIES
	MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

Try to stay off screens before bedtime but expect to empty your bladder **ONCE** during the night - set an alarm if needed

21:15		_____
22:00		_____
ONCE		_____

Well done you have now completed Day Two!

Make sure you have prepped ahead for mealtimes and try different options each day — Carla



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY THREE

6:30			KIWI	_____
7:15				_____
8:00				_____
8:45				_____
9:30			ORANGE	_____
10:15				_____
11:00			KIWI	_____
11:45				_____
12:30				_____
13:15				_____
14:00				_____
14:45			NC ORANGE	_____
15:30				_____
16:15				_____
17:30				_____
18:15				_____
19:00			+ Live Yoghurt	_____
19:45			KIWI	_____
20:30				_____

YOUR KEY TO ACTION

	EMPTY BLADDER
	LEMON & GINGER TEA
	HERBAL TEA NC = Non Caffeinated
	GLASS OF WATER
	FRUIT BERRIES
	MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

Try to stay off screens before bedtime but expect to empty your bladder **TWICE** during the night - set an alarm if needed

21:15		_____
22:00		_____
ONCE		_____
TWICE		_____

Well done you have completed Day Three!

Make sure you set an alarm if you are not waking up to empty your bladder at night — Carla



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY FOUR

6:30				_____
7:15				_____
8:00				_____
8:45				_____
9:30				_____
10:15				_____
11:00				_____
11:45				_____
12:30				_____
13:15				_____
14:00				_____
14:45				_____
15:30				_____
16:15				_____
17:30				_____
18:15				_____
19:00				_____
19:45				_____
20:30				_____

YOUR KEY TO ACTION

	EMPTY BLADDER
	LEMON & GINGER TEA
	HERBAL TEA NC = Non Caffeinated
	GLASS OF WATER
	FRUIT BERRIES
	MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

*No need to wake up during the night to empty your bladder.
Sweet dreams!*

21:15		_____
22:00		_____

Well done you have completed Day Four!
Hopefully today felt a little easy than the last few — Carla



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

SCHEDULE FOR DAY FIVE

6:30				KIWI	_____
7:15					_____
8:00					_____
8:45					_____
9:30					_____
10:15					_____
11:00					_____
11:45					_____
12:30					_____
13:15					_____
14:00					_____
14:45				ORANGE	_____
15:30					_____
16:15					_____
17:30					_____
18:15					_____
19:00					_____
19:45				KIWI	_____
20:30					_____

Date _____

S M T W T F S

YOUR KEY TO ACTION

- EMPTY BLADDER
- LEMON & GINGER TEA
- HERBAL TEA NC = Non Caffeinated
- GLASS OF WATER
- FRUIT BERRIES
- MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

*No need to wake up during the night to empty your bladder.
Sweet dreams!*

21:15		_____
22:00		_____

Well done you have completed Day Five!
You should be finding you are going to the toilet a lot less now— Carla



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

SCHEDULE FOR DAY SIX

6:30	  	_____
7:15		_____
8:00	  	_____
8:45		_____
9:30		_____
10:15		_____
11:00		_____
11:45		_____
12:30	 	_____
13:15		_____
14:00		_____
14:45	 	_____
15:30		_____
16:15		_____
17:30	 	_____
18:15	  	_____
19:00		_____
19:45	  	_____
20:30		_____

Date _____

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YOUR KEY TO ACTION



EMPTY BLADDER



LEMON & GINGER TEA



HERBAL TEA NC = Non Caffeinated



GLASS OF WATER



FRUIT  BERRIES



MEAL TIME

MEALS I ATE TODAY

1

2

3

HOW I FELT TODAY

1

2

3

GETTING READY FOR SLEEP

No need to wake up during the night to empty your bladder.
Sweet dreams!

21:15



22:00



Well done you have completed the full SIX Days!

Make sure you have all these sheets filled in so we can go through them together— Carla