

Apendex A

I. C. Daily Diary/Journal

Date	Beverage Intake	Food Intake	Exercise	Sexual Activity	Results
	How many Ounces; what specifically was consumed?	What food did you eat & quantity of each? Was it, Breakfast, Lunch, Dinner or snack	Which exercises did you engage in and amout of time spent?	Which activities/ positions? Did it cause pain, discomfort, pleasure	Capture your own self assessment also capture urine output as measured by your hat.
Example	12oz - Water	Yougart and Berries - 6 oz Breakfast	Walking - 40 minutes	Painless Misionary enjoyable	8oz acidic, burned
Example	6oz - Green Tea	Steak with spices - 4 oz Dinner	Kegel-5 minutes		14oz pH balanced

A Daily Diary such as this, when taken to your appointments will help you share your progress and set-backs with your care providers.