

Dear Study Participant,

The logs and information on the following pages will better assist in determining how well the program is working for you. It is very important that you record information diligently. You must complete the log even on days you don't treat or have any leaks. At the end of the study, all of the information in each row should be filled in except for the "Notes" section. You must complete the Daily Log to receive the refund.

Thank you for your participation! - Elidah

Baseline (Week 0): Complete daily log for 7 days. Do not start if menstruating or ill.

Day	Date	Urge Leaks (leaks after sudden urge to pee)	Near Misses (Sudden urge, but made it to toilet in time)	Stress Leaks (leaks from cough, sneeze, movement)	Daytime Bathroom Visits	Nighttime Bathroom Visits	Pads Worn	Notes (e.g. activity level, situation around accidents)
Ex.	May 5	3	2	1	4	1	2	Long car ride... hard to get to toilet
1								
2								
3								
4								
5								
6								
7								

AFTER DAY 7, UPLOAD THIS DATA AT "SHOP.ELITONE.COM/CLINICAL-STUDY-START/"