

Elimination Record
Date Begun _____

	Day 1 ____		Day 2 ____		Day 3 ____		Day 4 ____		Day 5 ____		Day 6 ____		Day 7 ____	
Time	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants
6 am														
7														
8														
9														
10														
11														
12														
1 pm														
2														
3														
4														
5														
6														
7														
8														
9														

D-Dry, U-Urinated, BM-Bowel Movement, U/BM-Both
At each hour, check to see if s/he is dry or went in his/her pants. If your child went in the pants, mark a U or BM in the pants column. If s/he has a success in the toilet, mark the toilet column (this is not applicable is you have never placed your child on the toilet). Mark D in the pants column if your child is dry. If your child is wet/soiled in between the hours, mark the time in the space below the appropriate hour marker.