

24-Hour Stoma and Urinary Tracker

Each Line Is One Day

Date	Total Stoma Output (ccs)	Consistency What it looks like most of the time, circle one			Urine Output (ccs)	Urine Color Circle one		
		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 1		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 2		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 3		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 4		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 5		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 6		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 7		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 8		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 9		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 10		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 11		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 12		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 13		Watery	Applesauce	Oatmeal		Clear	Light	Dark
Day 14		Watery	Applesauce	Oatmeal		Clear	Light	Dark