MY BATHROOM CHART



The most personal care for life's most personal issues.

NAMF	WFFK
. " " " "	 W CCK

TIMES TO EMPTY BLADDER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEFORE BREAKFAST							
BEFORE LUNCH							
BEFORE SNACK							
BEFORE SUPPER							
BEFORE BED							