

PARACHOC FITNESS TRAINING DIARY

HOW TO USE THIS DIARY

Don't Forget Do not forget to fill in your diary every day. Remember to bring your diary to your doctor each time you have an appointment.

- Sits**
- Aim for 3 sits each day—usually it is best after breakfast, after school (or mid-afternoon on weekends), and after tea. use a small foot stool if your child's feet don't reach the floor while seated on the toilet.
 - Write the time suggested by your doctor for each sit on top of the left hand page for each month in the diary. This time may be reduced or increased later depending on progress.
 - Set the sit-time on an oven clock or other timer so there are no arguments about when the time is up.
 - If your child has a poo within the first minute or so of the sit, continue the sit for the full time because another poo may appear.
 - For every sit on the toilet put a tick (✓). If your child has a poo in the toilet at that time also, place a star (★) over the tick.

Extra stars If your child has a poo into the toilet at a time other than at the regular sit times, place an additional star in the column "Extra Stars".

Add up the stars At the end of each month, add up all the stars for that month and write the total in the box at the bottom of the right hand page.

Tick if no soiling today Place a tick (✓) for each day when no soiling occurs. Leave blank if an accident occurs.

Medicine Write in the letter which corresponds to the medicine taken that day in the Medicine column. **E** for *enema*; **S** for *suppository*; **T** for *tablet*; **P** for *paraffin*; **G** for *granules*. If other medicines are used, use a different letter.

Comments Make a note in the Comments column of anything you want to remember to tell your doctor at the next visit. Take special note of whether your child develops feeling in the bottom about needing to do a poo. Record occasionally what the size and consistency of the poo is in the toilet.

Be positive and flexible This program works very well for families who stick to the routine by keeping their child's morale high with lots of positive encouragement and support. Do not be too disappointed with recurrence of accidents. Try and use the diary to understand why the accident might have occurred.

		Minute Sits			This page is a continuation of the month on the opposite page			
Day	Date	Morning	Afternoon	Evening	Extra Stars	Tick if no soiling today	Medicine	Comments
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

TOTAL STARS FOR THIS MONTH	
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START A NEW PAGE FOR EACH NEW MONTH