

Toilet training log

Track every sit, success and accident, so the log tells you when to sit next.

- 1. Sit on a timer: every 30 minutes to start, plus after waking, meals and big drinks.
- 2. Check the underwear first and mark dry or wet. Then two to three minutes on the toilet.
- 3. Mark what went in the toilet, any accident with its time, and whether they asked to go on their own.
- 4. Give the saved favorite within seconds of every success. After three days, move a sit to just before the accident times.

Child (first name or initials)

Favorite, saved for the toilet

Sit every ___ minutes

The grey row is a made-up example.

Date	Time	Dry at check?	Sat (min)	In the toilet (pee / poop)	Accident (pee / poop)	Asked on their own?	Notes
9/23	9:30	yes	3	pee	—	no	Right after juice