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*

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