

Monitoring your child's progress is easy. Every morning when your child wakes up, let them color a box whether they woke up wet or dry. Each day has a small check box; check the box only if your child slept dry through out the night. Do not check the box if the Zest alarm beeped at night. When your child records 14 consecutive dry nights (14 consecutive checks), you may discontinue the treatment. Download additional charts from zestbedwettingalarm.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						