**Bowel Motions (Poo Chart)**

|  |  |  |
| --- | --- | --- |
| **Week 1:****Day/Time** | **Type****(see Bristol Stool Chart)** | **small, medium, large****Where eg toilet, pants** |
| MondayTimes: |  |  |
| TuesdayTimes:  |  |  |
| WednesdayTimes: |  |  |
| ThursdayTimes: |  |  |
| FridayTimes: |  |  |
| SaturdayTimes: |  |  |
| SundayTimes: |  |  |
| **Week 2:****Day/Time** | **Type****(see Bristol Stool Chart)** | **small, medium, large****Where eg toilet, pants** |
| MondayTimes:  |  |  |
| TuesdayTimes:  |  |  |
| WednesdayTimes: |  |  |
| ThursdayTimes: |  |  |
| FridayTimes: |  |  |
| SaturdayTimes: |  |  |
| SundayTimes: |  |  |

