**Bowel Motions (Poo Chart)**

|  |  |  |
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| **Week 1:**  **Day/Time** | **Type**  **(see Bristol Stool Chart)** | **small, medium, large**  **Where eg toilet, pants** |
| Monday  Times: |  |  |
| Tuesday  Times: |  |  |
| Wednesday  Times: |  |  |
| Thursday  Times: |  |  |
| Friday  Times: |  |  |
| Saturday  Times: |  |  |
| Sunday  Times: |  |  |
| **Week 2:**  **Day/Time** | **Type**  **(see Bristol Stool Chart)** | **small, medium, large**  **Where eg toilet, pants** |
| Monday  Times: |  |  |
| Tuesday  Times: |  |  |
| Wednesday  Times: |  |  |
| Thursday  Times: |  |  |
| Friday  Times: |  |  |
| Saturday  Times: |  |  |
| Sunday  Times: |  |  |

