








## Bowel Motions (Poo Chart)

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

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

# Modified BRISTOL STOOL CHART

<b>Type 1</b>		Separate hard lumps, like pellets (hard to pass)
<b>Type 2</b>		Log shaped but lumpy
<b>Type 3</b>		Like a log but with cracks on the surface
<b>Type 4</b>		Like a log or snake, smooth and soft
<b>Type 5</b>		Soft blobs with clear-cut edges
<b>Type 6</b>		Fluffy pieces with ragged edges, a mushy stool
<b>Type 7</b>		Watery, no solid pieces, entirely liquid