



BOWEL DIARY

NAME:

DATE:

| Describe your Bowel Motions as follows | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Time/s | | | | | | | |
| Bristol Type (see attached chart for reference) incl colour | | | | | | | |
| Mucus Present (yes/no) | | | | | | | |
| Blood Present (yes/no) | | | | | | | |
| Pain Present (yes/no) | | | | | | | |
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Water for the day (L) Other beverages consumed | | | | | | | |

See over for Bristol Stool Chart.

Once complete - email to nicky@wisehealthyliving.com.au

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BRISTOL STOOL CHART



Type 1 Separate hard lumps

SEVERE CONSTIPATION



Type 2 Lumpy and sausage like

MILD CONSTIPATION



Type 3 A sausage shape with cracks in the surface

NORMAL



Type 4 Like a smooth, soft sausage or snake

NORMAL



Type 5 Soft blobs with clear-cut edges

LACKING FIBRE



Type 6 Mushy consistency with ragged edges

MILD DIARRHEA



Type 7 Liquid consistency with no solid pieces

SEVERE DIARRHEA

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