Bowel Movement Record Chart

| Туре 1 | Day 7: | Day 6: | Day 5: | Day 4: | Day 3: | Day 2: | Day 1: |
|-----------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| | small |
| Small hard | medium |
| lumps | large |
| | 1234567 | 1234567 | 1234567 | 1234567 | 1234567 | 1234567 | 1234567 |
| Type 2 | | | | | | | \mathbb{P} |
| lumpy and dry | Time: |
| Туре 3 | small medium |
| | large 1234567 | large 1234567 | large 1234567 | large 1234567 | large 1234567 | large 1234567 | large 1 2 3 4 5 6 7 |
| 7 Like a sausage, but | 1234507 T | 1234507 T | 1234507 T | 1234507 T | 1234507 ਜ | 1234507 R | 1234507 8 |
| with cracks | P | P | P | P | A | A V | |
| Type 4 | Time: |
| | ^{small} medium |
| Smooth, soft | large |
| | 1234567 | 1234567 | 1234567 | 1234567 | 1234567 | 1234567 | 1234567 |
| Type 5 | | F M | F M | | | | |
| | Time: |
| Soft blobs | Notes |
| Туре б | | | | | | | |
| - | | | | | | | |
| Fluffy pieces | | | | | | | |
| Type 7 | | | | | | | |
| | | | | | | | |
| All liquid | Medicine? Y N |