

Bowel Movement Record Chart

	Type 1  Small hard lumps	Type 2  lumpy and dry	Type 3  Like a sausage, but with cracks	Type 4  Smooth, soft sausage	Type 5  Soft blobs	Type 6  Fluffy pieces	Type 7  All liquid
Example			2:30 PM, large - toilet				8 AM 2 PM, smears
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							