








Bowel Movement Tracking Log

Individual Name: _____ Dates: _____

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Times: Date(s):	BM Type:		BM Amount: X=XL (Extra Large) L=Large M=Medium S=Small	Blood in BM?: Y=Yes N=No	Bowel Aids: E=Enema L=Laxative S=Suppository O=Other	Emesis: L=Large M=Medium S=Small	Blood in Emesis? Y=Yes N=No	Reporter:
	D=Diarrhea H=Hard L=Loose N=Normal S=Soft	Type 1 Type 2 Type 3 Type 4 Type 5 Type 6 Type 7						