








# THE POOP LOG

There's so much information to be gained about your health from paying attention to your poo! Bathroom talk is considered a private matter and even rude to speak of, but healthy bowel movements are an important part of a healthy life.

The Bristol Stool Chart is the standard basic assessment tool that anyone can use to identify the general health of their bowel movements. According to this chart, stool is categorized into seven types, which range from a scale from significant constipation to significant diarrhea. The low end of the scale signifies stool that is very dry, as the result of sitting in the colon for weeks. On the high end of the spectrum is stool that has too much water, as the result of moving through the body too quickly. A healthy bowel movement falls in the middle of this scale, at 4 or a 5.

Below is the Bristol Stool Chart, which depicts and briefly describes the seven types of stool.

BRISTOL STOOL CHART			
	<b>Type 1</b>	Separate hard lumps	Severe constipation
	<b>Type 2</b>	Lumpy and sausage like	Mild constipation
	<b>Type 3</b>	A sausage shape with cracks in the surface	Normal
	<b>Type 4</b>	Like a smooth, soft sausage or snake	Normal
	<b>Type 5</b>	Soft blobs with clearcut edges	Lacking fiber
	<b>Type 6</b>	Mushy consistency with ragged edges	Mild diarrhea
	<b>Type 7</b>	Liquid consistency with no solid pieces	Sever diarrhea

Using this chart, identify which of the seven categories best describes your stool on an average day. On the following page, answer the questions.

## QUESTIONS

How many bowel movements do you have per day? \_\_\_\_\_ Per week? \_\_\_\_\_

**Do you have a certain time of day or routine for when and how you typically have a bowel movement? If so, please describe.**

Do you typically strain or experience pain while trying to pass a bowel movement? \_\_\_\_\_

**How would you describe the consistency of your stools?**

What's the color of your stool on an average day? \_\_\_\_\_

Does your stool typically sink or float? \_\_\_\_\_

After passing stool, do you typically feel like you were able to get it all out? \_\_\_\_\_

Do you take, or have you ever regularly taken, laxatives or stool softeners? \_\_\_\_\_

**Please list any uncomfortable feelings, symptoms, or anything else you would like me to know:**