

Keep a Poop Diary !

Here's a chart to keep track of what comes out of your body. Use this with the Bristol Stool Chart (page 97 in *Human Body Learning Lab*). Notice any patterns with what you ate and drank this week?

DATE	TIME	BRISTAL STOOL TYPE	AMOUNT	PAIN?	OTHER SYMPTOMS?
			<input type="radio"/> small <input type="radio"/> medium <input type="radio"/> large	<input type="radio"/> yes <input type="radio"/> no	
			<input type="radio"/> small <input type="radio"/> medium <input type="radio"/> large	<input type="radio"/> yes <input type="radio"/> no	
			<input type="radio"/> small <input type="radio"/> medium <input type="radio"/> large	<input type="radio"/> yes <input type="radio"/> no	
			<input type="radio"/> small <input type="radio"/> medium <input type="radio"/> large	<input type="radio"/> yes <input type="radio"/> no	
			<input type="radio"/> small <input type="radio"/> medium <input type="radio"/> large	<input type="radio"/> yes <input type="radio"/> no	
			<input type="radio"/> small <input type="radio"/> medium <input type="radio"/> large	<input type="radio"/> yes <input type="radio"/> no	