8.5X11| 5X7

POOP CHART

A	HARD LUMPS SEPARATE HARD LUMPS, LIKE NUTS. HARD TO PASS
B	LUMPY SAUSAGE SAUSAGE-SHAPED, BUT LUMPY.
C	CRACKY SAUSAGE LIKE A SAUSAGE, BUT WITH CRACKS ON ITS SURFACE.
D	SMOOTH & SOFT SAUSAGE IDEAL! PERFECT!! THINK LONG BANANAS THAT DON'T BREAK APART WHEN YOU FLUSH.
E	SOFT BLOBS SOFT BLOBS WITH CLEAR CUT EDGES. PASSED EASILY.
f	MUSHY FLUFFY PIECES WITH RAGGED EDGES
G	WATERY ENTIRELY LIQUID

TYPE A-B INDICATE CONSTIPATION

TYPE C-D ARE IDEAL STOOLS

TYPE E-G MAY INDICATE DIARRHOEA AND URGENCY.

DATE	POOP	TOLIET TIME	WHAT HAVE YOU EATEN TODAY	NEW BEHAVIOR/ STRESS?

NON-EDITIBLE PRINTABLE FILE

NON-EDITIBLE PRINTABLE FILE

OKIEN STUDIO ON ETSY

OKIEN STUDIO