

POOP LOG BOOK





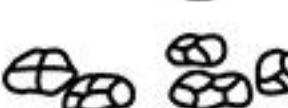




**POOP LOG BOOK
BELONGS TO:**

Date: _____ **Time:** _____

Food	Beverages

What's your poop type today?

1	2	3	4	5	6	7
						
Hard lumps, like nuts	Sausage- shaped but lumpy	Sausage- shaped with cracks	Soft and smooth	Soft blobs that come out easily	Mushy blobs come out too easily	Watery mess runs out. Liquid
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Check the circle to answer

Color & other additional details

<input type="radio"/> Black	<input type="radio"/> Yellow	<input type="radio"/> Nausea
<input type="radio"/> Gray/White	<input type="radio"/> Blood in poop	<input type="radio"/> Vomiting
<input type="radio"/> Green	<input type="radio"/> Mucous in poop	<input type="radio"/> Hurts to go
<input type="radio"/> Red	<input type="radio"/> Very Dark	<input type="radio"/> Rectal Bleeding
<input type="radio"/> Orange	<input type="radio"/> Pale/Very light	<input type="radio"/> _____

Smell: _____

Notes