



BOWEL CHART

Please record every bowel motion for a minimum of two weeks and also note any episodes of incontinence if applicable. Feel free to note anything else you feel is relevant.

Date	Time	Urge /10	Stool form Type 1-7 (see chart)	Pain /10	Effort required /10	Leakage Type 1-7/wind Pre/post poo Skid (S) Scrape (M) Overflow (L)	Shape/size Small (S) Medium (M) Large (L) Thin/thick	Laxatives Or other relevant meds. Type & time	Comments (strain, pain, bleeding, incomplete empty, helpful strategies, dietary influence...)

ALCHEMY IN MOTION



Date	Time	Urge /10	Stool form Type 1-7 (see chart)	Pain /10	Effort required /10	Leakage Type 1-7/wind Pre/post poo Skid (S) Scrape (M) Overflow (L)	Shape/size Small (S) Medium (M) Large (L) Thin/thick	Laxatives Or other relevant meds. Type & time	Comments (strain, pain, bleeding, incomplete empty, helpful strategies, dietary influence...)

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