



Bowel diary

One line per bowel movement, and one line for each day without. Week ____ Name: _____

Bristol types



1



2



3



4



5



6



7

Date	Time	Bristol type (1 to 7)	Colour	Urgency, straining, unfinished	Pain (0 to 10)	Blood or mucus	Food, drinks, water, fiber	Laxatives, medicines	Notes (period, sleep, stress)

General information, not medical advice. Bring this diary to your appointment. See a doctor soon if you notice blood, black or pale stool, weight loss without trying, or a change in bowel habits that lasts 3 weeks or more. Prefer an app? Tummi logs this in two taps: tummiapp.web.app



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