ELIMINATION LOG

NAME _____ DATE _____

DATE	TIME	DESCRIPTIVE FEATURES (DIAMETER, SHAPE, SIZE, ODOR, COLOR, COMPOSITION, EVACUATION TIME, EASE OF MOVEMENT, ETC)	AMOUNT	NOTES

Some useful information to consider for comments:

Was it painful?

Were there any undigested food particles?

Did it float or sink?

BRISTOL STOOL SCALE	
TYPE 1	**Appearance:** Hard and separate little lumps that look like nuts and are hard to pass **Indicates:** These little pellets typically mean you're constipated. It shouldn't happen frequently.
TYPE 2	**Appearance:** Log-shaped but lumpy **Indicates:** Here we have another sign of constipation that, again, shouldn't happen frequently.
TYPE 3	**Appearance:** Log-shaped with some cracks on the surface **Indicates:** This is the gold standard of poop, especially if it's somewhat soft and easy to pass.
TYPE 4	**Appearance:** Smooth and snake-like **Indicates:** Doctors also consider this a normal poop that should happen every one to three days.
TYPE 5	**Appearance:** These are small, like the first ones, but soft and easy to pass. The blobs also have clear cut edges. **Indicates:** This type of poop means you are lacking fiber and should find ways to add some to your diet through cereal or vegetables.
TYPE 6	**Appearance:** Fluffy and mushy with ragged edges. **Indicates:** This too-soft consistency could be a sign of mild diarrhea. Try drinking more water and fruit juice to help improve this.
TYPE 7	**Appearance:** Completely watery with no solid pieces. **Indicates:** In other words, you've got the runs, or diarrhea. This means your stool moved through your bowels very quickly and didn't form into a healthy poop.

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