Big Picture Health

Client Name:

Directions: Use the Bristol Stool Chart below and the table to the side to keep track of your elimination trends for one week. This form is only required if Tracey requested you fill it in based on your symptoms. TIP: some people find it helpful to tape this to the bathroom wall.

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 the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. **Entirely Liquid**

Elimination Log

Date	Time	Bristol Number	Notes (odor, color, sinks, floats)