

Name:

Date:

	175ml	200ml	250ml	500ml	Comments	Daily Total
7am						
8am						
9 am						
10 am						
11 am						
12 pm						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						
11 pm						

Type 1 Separate hard lumps like nuts (hard to pass) 		Type 5 Soft blobs with clearcut edges (passed easily) 	
Type 2 Sausage shaped but Lumpy 		Type 6 Fluffy pieces with ragged edges, a mushy stool 	
Type 3 Like a sausage but with cracks on surface 		Type 7 Watery, no solid pieces (entirely liquid) 	
Type 4 Like a sausage or snake, smooth and soft 			