

BOWEL MOVEMENT TRACKER

Patient Name: _____

Month/Year: _____

DATE	TIME	BRISTOL TYPE (1-7)	NOTES (PAIN, DIET, MEDICATION, COLOR)
------	------	-----------------------	---------------------------------------

DATE	TIME	BRISTOL TYPE (1-7)	NOTES (PAIN, DIET, MEDICATION, COLOR)
------	------	-----------------------	---------------------------------------

Bristol Stool Chart Reference:

- Type 1: Hard lumps
- Type 2: Lumpy sausage
- Type 3: Sausage with cracks
- Type 4: Smooth sausage
- Type 5: Soft blobs
- Type 6: Mushy/Ragged
- Type 7: Watery/Liquid