

# STOOL CONSISTENCY TRACKING CHART

Patient Name: \_\_\_\_\_ Month/Year: \_\_\_\_\_

DATE	TIME	TYPE (1-7)	NOTES / TRIGGERS
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**DATE**

**TIME**

**TYPE (1-7)**

**NOTES / TRIGGERS**

### **Bristol Stool Chart Reference**

**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.