

BOWEL CHART

	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

Daily or Weekly Observe and Make Note: (Healthy is yellow-highlighted)

1. Bowel Chart Type 1 to 7. (Healthy is Type 3 or 4)
2. Color of Bowel Movement (light brown, brown, dark brown, black, green, red)
3. Length of Bowel Movement if it was in a straight line (6 inches, 8 inches... 12 inches)
4. Diameter (size of a dime, nickel, quarter or half-dollar)
5. Do Bowel Movements Float or Sink (Float)

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