



### When Going Number 2 is Priority #1.

It's a good idea to monitor your child's digestive habits. Identifying abnormalities early gives you the opportunity to treat any issues with a change in diet or medication.

#### How to Use this Chart

- 1 This chart is intended to help you record and classify your child's stools so that it is easier to look back over several weeks and see what patterns are emerging.
- 2 On the journal below, record the type of stool your child had with a simple 1-7 (that corresponds to the scale) and the time of day.
- 3 Your child's frequency and stool type can vary due to a range of factors, but ideally, your child's stool should be in the type 3 to type 5 range, and should be occurring on a fairly consistent pattern.

#### Poop Journal

Week of: \_\_\_\_\_

                  morning    mid-day    evening

MON \_\_\_\_\_

TUES \_\_\_\_\_

WED \_\_\_\_\_

THUR \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

Week of: \_\_\_\_\_

                  morning    mid-day    evening

MON \_\_\_\_\_

TUES \_\_\_\_\_

WED \_\_\_\_\_

THUR \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

Week of: \_\_\_\_\_

                  morning    mid-day    evening

MON \_\_\_\_\_

TUES \_\_\_\_\_

WED \_\_\_\_\_

THUR \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

Week of: \_\_\_\_\_

                  morning    mid-day    evening

MON \_\_\_\_\_

TUES \_\_\_\_\_

WED \_\_\_\_\_

THUR \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

#### Bristol Stool Form Scale



**Type 1**  
Separate hard lumps  
(Hard to pass)



**Type 2**  
Lumpy, oblong-shape  
(Must strain to pass)



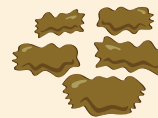
**Type 3**  
Oblong-shape with cracks  
(Potential for straining)



**Type 4**  
Like a sausage, smooth and soft  
(Easily passed)



**Type 5**  
Soft blobs with clear-cut edges  
(Easily passed)



**Type 6**  
Fluffy pieces with ragged edges  
(Mushy stool)



**Type 7**  
Entirely liquid  
NO solids  
(Expelled with urgency)

This chart was not designed to diagnose children's constipation. This chart is merely a tool to help keep track of daily activity. Please share this information with a physician should you have any concerns. This chart is also available for download on [www.pedia-lax.com](http://www.pedia-lax.com).