








Stool Tracking Sheet

Your stool consistency, shape and quantity provides insight into your gastrointestinal (GI) symptoms. We understand that your stool consistency and shape will vary based on your meals. Do the best you can, your doctor will use this to help determine your progress during your program. Please take this sheet with you to your next appointment.

Name _____

Date	Time	Type (circle one or more)	Classification (circle one or more)
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M
/ /	: am/pm	1 2 3 4 5 6 7	A B C D E F G H I J K L M

Type	Stool	Description	Class	Description
1		Separate hard lumps	A	Light/Pale Color
			B	Yellow Color
2		Lumpy and sausage like	C	Green Color
			D	Brown Color
3		A sausage shape with cracks in the surface	E	Black/Tarry Color
			F	Bright Red Color
4		Like a smooth, soft sausage or snake	G	Vegetable Matter
			H	Fatty Looking
5		Soft blobs with clear cut edges	I	Excess Mucus
			J	Very Foul Smelling
6		Fluffy pieces with ragged edges, a mushy stool	K	Streak Toilet Bowl
			L	Excess Toilet Paper
7		Liquid consistency with no solid pieces	M	Floating Brownish Particles (oil slick)

This worksheet is intended for educational purposes only and should not be used as a substitute for advice provided by a healthcare professional. Do not use this tracking sheet for diagnosing a health problem or disease without direct supervision from a qualified medical professional.