

2-Week Poop Tracker

Based on the Bristol Stool Chart · Reviewed by Dr. Nivedita Pandey, Gastroenterologist

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How to use: each day, circle the type that best matches your stool (circle more than one if it changed), write how many times you went, tick a glass for each glass of water, and note anything unusual: new foods, coffee, stress, travel, medicines or symptoms. Bring this sheet to your doctor's appointment.

 Type 1 Hard lumps Constipation	 Type 2 Lumpy log Constipation	 Type 3 Log with cracks Healthy	 Type 4 Smooth & soft Ideal	 Type 5 Soft blobs Loose	 Type 6 Mushy, ragged Mild diarrhea	 Type 7 Watery Diarrhea
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Day / date	Stool type (circle)	Times	Water (glasses)	Notes: food, stress, meds, symptoms
Day 1 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 2 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 3 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 4 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 5 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 6 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 7 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 8 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 9 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 10 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 11 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 12 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 13 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	
Day 14 __/__/__	(1) (2) (3) (4) (5) (6) (7)		□□□□□□□□	

See a doctor promptly if you notice:

- Blood in or on your stool, or black, tarry stool
- Unexplained weight loss or ongoing belly pain
- Six or more loose stools in a day, diarrhea lasting more than two days, or diarrhea with a high fever

What to look for after 2 weeks

- Mostly Type 3-4: healthy range
- Mostly Type 1-2 for 2-3 weeks: talk to your doctor about constipation
- Mostly Type 6-7 for 2-3 weeks: talk to your doctor about diarrhea