

YOUR HANDY-DANDY DOO-DOO DOCUMENT

Keeping track of your kid's digestive habits is easy. And knowing what movement abnormalities to look for helps you identify and remedy potential issues.

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 identify emerging patterns.
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 because of 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.

Week of: _____

	morning	midday	evening
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

Week of: _____

	morning	midday	evening
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

Week of: _____

	morning	midday	evening
MON			
TUES			
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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.