

Week: (write the date) \_\_\_\_\_

DESCRIPTION	8.8.22 MONDAY	9.8. TUESDAY	10.8 WEDNESDAY	11.8 THURSDAY	12.8 FRIDAY	6 <sup>th</sup> Aug SATURDAY	7.8.22 SUNDAY
How many times did you poo today?	1 pm	1 pm	0	1 pm	1 pm	1	0
What type of poo did you do?	3	3		4		3	
Did you need to rush to the toilet? (yes/no)	yes	yes		yes	yes	Yes	
Did you need push hard to poo? If yes, how long did you sit on the toilet?	no	no		no	yes	No	
Did you see any food bits in your poo? If yes, what did you see?	no	no		no	no	No	
Did you see any blood? (If always no, skip this question)	no	no		no	no	No	
Did your poo have a funny smell? (yes/no)	no	no		yes	yes	Yes	
What colour was your poo? (If always brown, skip this question)	light brown	light brown		brown	brown	Brown	