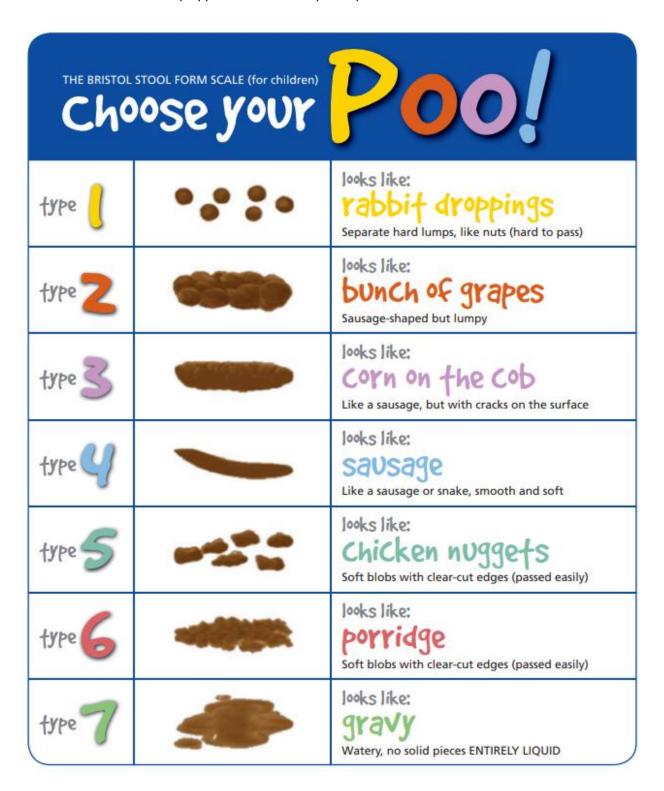
Monitoring stool and bowel movements is the first step in understanding your gut. Try your best to fill the chart below before our next follow-up appointment! Please print if possible.



DESCRIPTION	MONDAY	TUESDAY	12/0 WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
How many times did you poo today?				l	l	2	
What type of poo did you do?		4	3	4	Ly.	3	
Did you need to rush to the toilet? (yes/no)			J	J	7	7)	
Did you need push hard to pool? If yes, how long did you sit on the toilet?		4	first pu	sh	J	Y	
Did you see any food bits in your poo? If yes, what did you see?			•				
Did you see any blood? (If always no, skip this question)				36			
Did your poo have a funny smell? (yes/no)							
What colour was your poo? (If always brown, skip this question)	لم ا	6	brown	5	6	5	