

## Bowel Log

**Individual:**

Month:

Year:

Instructions:

- 1) Indicate type of bowel movement that occurred by placing an R, L, H, or S then a / with size of bowel movement by placing SM, M, L in the box corresponding to the date of the month and the time of the day.
- 2) If person does not have a bowel movement on a particular day or a particular time, leave box blank.

Type of  
bowel  
movement:

*R = regular*

*L = loose*

*H = hard*

*S = soft*

Sm=small

M=Medium

L=Large

	12:00am- 3:00am	3:00am- 6:00am	6:00am- 9:00am	9:00am- 12:00pm	12:00pm- 3:00pm	3:00pm- 6:00pm	6:00pm- 9:00pm	9:00pm- 12:00am
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