BOWEL DIARY (For people who "go" a lot)

Date:										
Time	Quantity	Consistency	Accident	Medications	Time	Quantity	Consistency	Accident	Medications	
				Comments					Comments	
Date: Date:										
Time	Quantity	Consistency	Accident	Medications	Time	Quantity	Consistency	Accident	Medications	
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Date: Da							T	T	Medications	
Time	Quantity	Consistency	Accident	Medications	Time	Quantity	Consistency	Accident	Medications	
				Comments					Comments	
D-4						I			KEY	
Date: Time Quantity Consistency Accident Medications Quantity Consistency Accident							Quantity:	antity: S=Small, M=Medium, L=Large		
				Comments	Co	Consistency:N=Normal, L=Loose/Watery, M=Mushy, S=Soft & Formed, H=Hard & Formed, P=Pellets				
				Comments						
					Medications: L=Laxatives, E=Enema(s), S=Suppository, F=Fiber, SS=Stool Softener, I=Immodium					
					Comments: known factors impacting bowels (illness, diet, activity, stress, ate too much, ate new/different foods, etc.)					