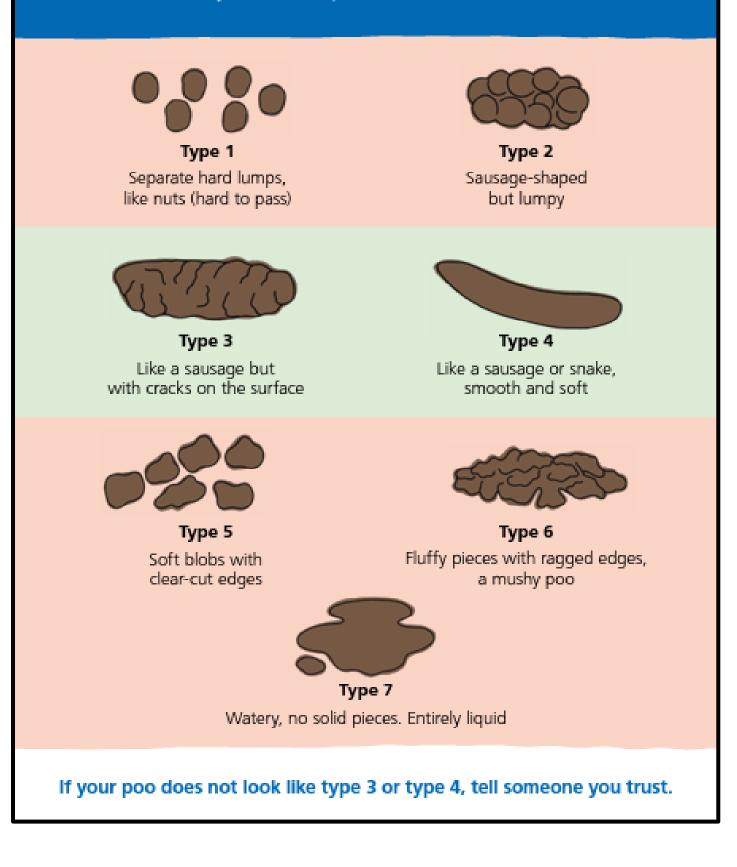
Bowel chart

It's important to know what healthy poo looks like.



Use this chart to see if you have constipation.



Date	Time	Type of poo	Comments
date	$\begin{array}{c} \textbf{time} \\ 11 & 12 & 1 \\ 10 & 2 \\ 9 & \bullet & 3 \\ 8 & 4 \\ 7 & 6 \\ \end{array}$	P) appropriate accurate DEC P to the set on evaluation DEC	write down write down