








Name:

Date:

| | 175ml | 200ml | 250ml | 500ml | Comments | Daily Total |
|-------|-------|-------|-------|-------|----------|-------------|
| 7am | | | | | | |
| 8am | | | | | | |
| 9 am | | | | | | |
| 10 am | | | | | | |
| 11 am | | | | | | |
| 12 pm | | | | | | |
| 1 pm | | | | | | |
| 2 pm | | | | | | |
| 3 pm | | | | | | |
| 4 pm | | | | | | |
| 5 pm | | | | | | |
| 6 pm | | | | | | |
| 7 pm | | | | | | |
| 8 pm | | | | | | |
| 9 pm | | | | | | |
| 10 pm | | | | | | |
| 11 pm | | | | | | |

| | | | |
|---|--|--|--|
| <p>Type 1 Separate hard lumps like nuts (hard to pass)</p>  | | <p>Type 5 Soft blobs with clearcut edges (passed easily)</p>  | |
| <p>Type 2 Sausage shaped but Lumpy</p>  | | <p>Type 6 Fluffy pieces with ragged edges, a mushy stool</p>  | |
| <p>Type 3 Like a sausage but with cracks on surface</p>  | | <p>Type 7 Watery, no solid pieces (entirely liquid)</p>  | |
| <p>Type 4 Like a sausage or snake, smooth and soft</p>  | | | |