

Bowel Movement Record

Name _____

Month _____

Date	Shift	Size	Color	Consistency	Signature

Please use the following abbreviations:

- Size**
- S-Small
- M-Medium
- L-Large
- XL-Extra Large

- Color**
- B-Brown
- BL-Black

- Consistency**
- H-Hard
- F-Formed
- S-Soft
- W-Watery