

# Food – Mood – Poop Diary: FOOD








<i>What did I eat and when...</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>	<i>Day 8</i>	<i>Day 9</i>	<i>Day 10</i>

# Food – Mood – Poop Diary

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>	<i>Day 8</i>	<i>Day 9</i>	<i>Day 10</i>
<i>How did I sleep?</i>										
<i>What is my mood?</i>										
<i>Did I skip meals?</i>										
<i>How often did I poop?</i>										
<i>Its "score" is?</i>										
<i>How much water did I drink?</i>										
<i>Did my mood change?</i>										
<i>Trigger for above?</i>										

NB: Mood altering triggers - food; hunger; event/situation...

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

Ouch – you need help!

Maybe increase: water,  
exercise, veggies, or void  
holding on too long

Good

Best

Hmmm, if continues, get  
help

Not good, may need help

Eat something wrong? Or  
is it a virus? Let's check