



## **Bristol Stool Chart**

Type 1		Separate hard lumps, like nuts (difficult 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 (average stool)	
Type 5		Soft blobs with clear cut edges	
Type 6	5	Fluffy pieces with ragged edges, a mushy stool (diarrhea)	
Type 7		Watery, no solid pieces, entirely liquid (diarrhea)	

(Type 3, 4, and 5 are considered normal)





## **Stool Tracking Chart**

Date	Time	Size (S/M/L)	Туре

