Bowel Movement Tracker

Date & Time	**CONSISTENCY –** hard, soft, liquid	**ABDOMINAL SYMPTOMS –** bloating, distention, gas, cramping, pain, nausea, vomiting, heartburn	**PROBLEMS –** straining, incomplete passing of stool, leaking stool, diarrhea, pain or bleeding

Bowel Movement Tracker

Date & Time	**CONSISTENCY –** hard, soft, liquid	**ABDOMINAL SYMPTOMS –** bloating, distention, gas, cramping, pain, nausea, vomiting, heartburn	**PROBLEMS –** straining, incomplete passing of stool, leaking stool, diarrhea, pain or bleeding