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