

3-Day Gut Tracker

■ Bristol Stool Form Scale

Use this chart to rate your stool type each day (1–7).

Type	Description
1	Separate hard lumps, like nuts (difficult to pass)
2	Sausage-shaped but lumpy
3	Like a sausage but with cracks on the surface
4	Like a sausage or snake, smooth and soft
5	Soft blobs with clear-cut edges (easy to pass)
6	Fluffy pieces with ragged edges, mushy stool
7	Watery, no solid pieces (entirely liquid)

Day 1

■ Bowel Movements

Time: _____ Type (Bristol 1–7): _____ Ease: _____ Notes: _____

■ Food & Drinks

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Drinks: _____

■ Hydration

Glasses of water: _____

■ Sleep

Hours slept: _____ Quality (poor/fair/good): _____

■ Mood & Energy

Mood (1–10): _____ Energy (1–10): _____

■ Movement

Type + duration: _____

■ Notes/Triggers

Bloating, gas, constipation, diarrhea, pain? _____

Anything new/unusual today? _____

Day 2

■ Bowel Movements

Time: _____ Type (Bristol 1–7): _____ Ease: _____ Notes: _____

■ Food & Drinks

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Drinks: _____

■ **Hydration**

Glasses of water: _____

■ **Sleep**

Hours slept: _____ Quality (poor/fair/good): _____

■ **Mood & Energy**

Mood (1–10): _____ Energy (1–10): _____

■ **Movement**

Type + duration: _____

■ **Notes/Triggers**

Bloating, gas, constipation, diarrhea, pain? _____

Anything new/unusual today? _____

Day 3

■ **Bowel Movements**

Time: _____ Type (Bristol 1–7): _____ Ease: _____ Notes: _____

■ **Food & Drinks**

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Drinks: _____

■ **Hydration**

Glasses of water: _____

■ **Sleep**

Hours slept: _____ Quality (poor/fair/good): _____

■ **Mood & Energy**

Mood (1–10): _____ Energy (1–10): _____

■ **Movement**

Type + duration: _____

■ **Notes/Triggers**

Bloating, gas, constipation, diarrhea, pain? _____

Anything new/unusual today? _____