

Helping your child develop healthy bowel habits: Your child's daily record

This dia	y belongs to:	
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Poo = √T (i	n toilet) or ✓P	(in pull-up)
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Type = Enter a number (1 to 7) from stool chart

Soiled = **SS** (slightly soiled) or **VS** (very soiled)

Fluids = Enter the amount in ml

Day 1

Day 2

		Day					Day Z		
Time	Poo	Soiled	Туре	Fluids (ml)	Time	Poo	Soiled	Туре	Fluids (ml)
6 am					6 am				
7 am					7 am				
8 am					8 am				
9 am					9 am				
10 am					10 am				
11 am					11 am				
12 pm					12 pm				
1 pm					1 pm				
2 pm					2 pm				
3 pm					3 pm				
4 pm					4 pm				
5 pm					5 pm				
6 pm					6 pm				
7 pm					7 pm				
8 pm					8 pm				
9 pm					9 pm				
Overnight					Overnight				

Poo = \checkmark **T** (in toilet) or \checkmark **P** (in pull-up)

Type = Enter a number (1 to 7) from stool chart

Soiled = **SS** (slightly soiled) or **VS** (very soiled)

Fluids = Enter the amount in ml

Day 3

Time Poo Soiled Type Fluids (ml) 6 am **7** am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm Overnight

Day 4

Time	Poo	Soiled	Туре	Fluids (ml)
6 am				
7 am				
8 am				
9 am				
10 am				
11 am				
12 pm				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				
7 pm				
8 pm				
9 pm				
Overnight				

