

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

This diary belongs to: _____

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

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

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

Fluids = Enter the amount in **ml**

Day 1

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 2

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				

Please turn over →

Poo = ✓T (in toilet) or ✓P (in pull-up) Soiled = SS (slightly soiled) or VS (very soiled)	Type = Enter a number (1 to 7) from stool chart Fluids = Enter the amount in ml
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Day 3

Day 4

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				

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				