

Type 7

Liquid consistency with no solid pieces
(Severe diarrhea)
Eat more fibre, seek medical help



Type 1

Separate hard lumps
(Severe constipation)
Drink more water.
seek medical help.



Type 6

Mushy consistency
with ragged edges
(Mild diarrhea)
Eat more fibre.



Type 2

Lumpy and sausage-like
(Mild constipation)
Eat more fibre & drink
more water.

BRISTOL STOOL CHART



Type 5

Soft blobs with clear-cut edges
(Lacking fiber)
Eat more fibre.



Type 4

Like a smooth soft sausage or snake
(Normal)









Type 3

Sausage shape with cracks
(Normal)



Tick the relevant number for each day of the week to share with your health professional.

Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 							
2 							
3 							
4 							
5 							
6 							
7 