

# FOOD MOOD POO'D JOURNAL

**Instructions:**

In the pages following please **record EVERYTHING you eat or drink for 2 days** along with your mood (how you felt), how well you slept, and what your poo was like (use the chart below for help). Include the time of day that you poo'd. I know this seems weird and uncomfortable, but it tells me a lot about what's going on with your digestion. Choose any 2 days - choose 1 week day and 1 weekend day if possible, otherwise any 2 days are fine.

When filling this out, **eat your usual diet**. Don't change anything that you would normally eat. It's important to be as honest as possible about what is normal for you, otherwise it will affect the way I interpret your results. There is no judgement here, just an investigation into what's going on in your body.

**Be as detailed as you can when recording the food in terms of type and amount.** For example, instead of saying 'cereal', write '½ cup of Weet-bix with ½ cup of whole milk'. This is much more helpful for me. You don't need to measure anything exactly, but take your best guess.

Don't forget to write down all the little **extras** such as added butter on potatoes, spreads on sandwiches, sandwiches, milk with cereal, cooking oil or fats, etc. This is not meant to be stressful for you! The details just help me to analyse your health better.

Words for poop	Words for mood	Words for sleep
Soft	Happy	Easily fell asleep
Hard to pass	Ecstatic	Pleasant dreams
Pebbly	Sad	Wired/couldn't fall asleep
Runny	Stressed	Thinking too much
Formed/sausage shaped	Hyperactive	Finally fell asleep exhausted
Green	Flat	Daytime sleep needed
Yellow	Teary	Restless sleep
Brown	Angry	Constant waking
Black	Frustrated	Hard to wake up
Has mucus in it	Down or depressed	Nightmares
Has food in it	Anxious	Overslept
Floats	Sluggish	Woke up refreshed
Sinks	Foggy head	Felt rested



Please circle if this is a      Weekday              Weekend

Time	Food/Drink	Mood	Poop
Morning			
Mid Morning			
Lunch			
Mid-afternoon			
Dinner			
Evening			
Sleep			










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# Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

Continence.org.au. (2018). *Bristol stool chart · Faecal · Continence Foundation of Australia*. [online] Available at: <http://www.continence.org.au/pages/bristol-stool-chart.html> [Accessed 15 June. 2018].