## 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	Нарру	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	Роор
Morning			
Mid Morning			
Lunch			
Mid-afternoon			
Dinner			
Evening			
Sleep			



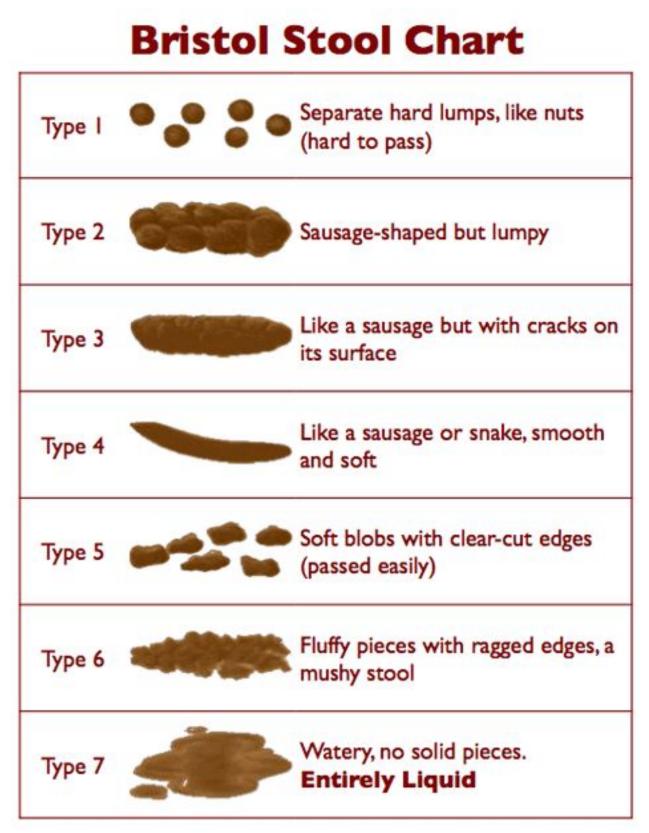
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Weekday

Weekend

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





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].

