

# Weekly Stool Diary For Adults

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Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Date	Time	Stool Type*	Urgency (Y/N)	Leakage (Y/N)	Straining (Y/N)	Pain (Y/N)	Pads (Y/N)	Medications	Notes

## Stool Type Guide

1 = Hard lumps 2 = Lumpy 3 = Cracked surface 4 = Smooth/soft (ideal) 5 = Soft blobs 6 = Mushy 7 = Watery

### *Medical Disclaimer*

This stool diary is for educational and tracking purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider with questions about bowel changes, medications, or digestive concerns. Call 911 if you are experiencing a medical emergency.