

Medical professionals recommend, when making a change to your bowel care program, change one item at a time and maintain that change for a two week period. The following chart is to help you evaluate the change and to help identify the most appropriate bowel care regimen to maximize your quality of life and minimize the time spent on bowel care.

### Sample Bowel Chart

Date	Start Time	Time of Day	Stool Amount	Stool Color & Consistency	Comments

In addition to your bowel care chart, write down what you eat and drink to determine how your diet effects your bowel movement. For 30 days, record food DESCRIPTION AND QUANTITY FOR EACH MEAL.

### Sample Diet Chart

Day 1	Starch	Vegetables	Fruits	Dairy	Meats	Fats
Breakfast						
Lunch						
Dinner						
Snacks						

Day 2	Starch	Vegetables	Fruits	Dairy	Meats	Fats
Breakfast						
Lunch						
Dinner						
Snacks						

Day 3	Starch	Vegetables	Fruits	Dairy	Meats	Fats
Breakfast						
Lunch						
Dinner						
Snacks						