## Regular Bowel Chart

<table>
<thead>
<tr>
<th>Date</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

**Mineral Oil**

**Miralax**

**Ex-Lax**

**Fletchers**

**MOM**

### Poop Size

- **T** = 1-2 tsp
- **S** = 1/8-1/4 cup
- **M** = 1/2 cup
- **L** = 3/4 - 1 cup
- **XL** = Over 1 cup

### Consistency

- **R** = Runny
- **LF** = Loosely Formed
- **F** = Formed
- **H** = Hard

### Stool Type

**Color**

- **Dark, med, light**

**Stained**

**Soiled**

**Wet**

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