



# Poo Diary



Name:

Week:

MON TUE WED THU FRI SAT SUN

How many times did you go to the toilet  
ON YOUR OWN INITIATIVE?  
(to practise or to poo)

How many times did you go to the toilet because  
YOUR PARENT(S) asked you to or sent you?  
(to practise or to poo)

How often did you POO on the toilet today?

Did you use your NAPPY today to poo?

How many POO ACCIDENTS did you have today?

Did you suffer from TUMMY ACHE today?

Did your poo HURT today?

0	1	2	3	4
NONE	A BIT	AVERAGE	MUCH	EXTREME

What did your POO look like today?

1	2	3	4
WATERY	MUSHY	SMOOTH	HARD

Did you feel NAUSEOUS today?

Did you take your LAXATIVES today?

Did something SPECIAL or EXCITING happen today?

Remarks/comments: