

# Poo Chart

Adapted from the Bristol Stool Form Scale

**Type 1**



**Separate hard lumps**

**Type 2**



**A lumpy log shape**

**Type 3**



**A log shape with cracks on the surface**

**Type 4**



**A smooth soft log or snake shape**

**Type 5**



**Soft blobs with clear edges**

**Type 6**



**Mushy consistency with ragged edges**

**Type 7**



**Liquid consistency with no solid bits**