Day 1

Date: _____

mellowgut.com

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

Day 2

Date: _____

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

Day 3

Date: _____

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

Day 4

Date: _____

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

Day 5

Date: _____

mellowgut.com

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

Day 6

Date: _____

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

Day 7

Date: _____

mellowgut.com

Time	Food and drink (what, how much)	Pain 0–10	Bloating 0–10	Wind 0–10	Poo type 1–7 · urgent? strain?

Stress today 0–10	Sleep last night (hours)	Period today? Y / N	Medicines taken

Anything else today?

Bristol types: 1 2 3 4 5 6 7 1 hard lumps · 4 smooth and soft · 7 watery

Not a diagnosis. See your GP about new or changing symptoms.

My week, for my GP or dietitian

How many times I pooed, and my usual Bristol types

My worst symptoms, and how often

Anything that seemed to happen together (links, not causes)

What I've already tried

Questions I'd like to ask

A free diary from MellowGut (Eduard Vlase Limited). Free to print and share. Not a diagnosis: always see your GP about new or changing symptoms, and urgently about bleeding, weight loss you can't explain or a lump in your tummy.