

Estrogen Reset **LIVE**

Food•Mood•Poop (FMP) Journal Sample

Date: May 10	Food: What I ate/drank	Mood: How I feel, symptoms	Poop: # and color
Time:			
7 am	1 bowl oatmeal with low fat milk		Constipation, type #1. Hard to pass.
9 am		Tired and moody, slight headache, hungry again	
11 am	Water, turkey & cheese on whole wheat, 1 apple		
1 pm			
3 pm	1/2 cup trail mix	Headache gone, less moody, still tired	Got diarrhea, type #6.
6 pm	1 cup roast chicken, 1 cup broccoli and rice		
7 pm			
9 pm	1 bowl chocolate ice cream and banana	Exhausted, bloated ready for bed	

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Bristol Stool Chart



Type 1 - Constipation

Separate hard lumps, like nuts (hard to pass)



Type 2 - Mild constipation

sausage shaped, but still lumpy



Type 3 - Normal

Like a sausage, but with cracks on the surface



Type 4 - Normal

Like a sausage or snake, smooth and soft



Type 5 - Lacking fiber

Soft blobs with clear-cut edges (passed easily)



Type 6 - Mild diarrhea

Fluffy pieces with ragged edges, mushy stool



Type 7 - Severe diarrhea

Watery, no solid pieces (entirely liquid)