Score Your Poop
Bristol Stool Chart

1	2	3	4	5	6	7
Hard, separate pellet-like lumps that are difficult to pass	Lumpy, sausage-shaped stool	Sausage-shaped stool with cracks on the surface	Sausage-shaped stool but smooth and soft (like a snake)	Blobs that are soft and pass easily	Mushy stool in the form of fluffy pieces with ragged edges	Entirely liquid; no solid pieces

CONSTIPATION	HEALTHY STOOL TYPES	DIARRHEA