14-DAY TRACKER

Constipation Tracker

Put a dot on the chart for every movement. Comfort matters as much as frequency: watch whether the dots drift into the green band and the straining score falls.



SHEET 09

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
STOOL TYPE: ONE DOT FOR EVERY MOVEMENT, ON THE LINE THAT MATCHES														
7 Watery														
6 Mushy														
5 Soft blobs														
4 Smooth, soft														
3 Cracked sausage														
2 Lumpy sausage														
1 Hard lumps														
EACH DAY														
Movements how many														
Straining 0 to 3														
Felt fully emptied	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fluids glasses														
Walking minutes														
STEPS I PRACTISED														
Toilet time after breakfast	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Footstool	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Went when I felt the urge	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Psyllium, as on the pack	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Kiwifruit or prunes	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Laxative taken	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Fibre product or laxative

Name _____ Dose _____

Started on day _____ Advised by _____

Review or stop date _____

How it suited me

_____

After 14 days

Movements, week 1 _____ week 2 _____

Days in the green band _____ Longest gap (days) _____

Straining, week 1 average _____ week 2 _____

Fibre can take four weeks to show its full effect. Review again at week four.

! **No movement for three days, or a pharmacy laxative that has not helped after three days?** Speak to a pharmacist or doctor, and do not carry on beyond seven days without advice. Straining hard to pass a soft stool needs assessment before you add more fibre. Blood or black stool: seek medical advice now.