

IRRITABLE BOWEL SYNDROME SYMPTOM TRACKER

Date	Symptom(s) (e.g., abdominal pain)	Bowel movements (Shape/consistency)	How bothersome was this symptom?				Did anything seem to trigger your symptom? (e.g., a particular food)	What was the impact on your daily life? (e.g., missed work)
			Not at all	Somewhat	Quite	Extremely		
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Bristol Stool Form Scale adapted with permission from © 2006 Rome Foundation. This tracker is not intended to substitute for professional medical assessment and/or advice. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.



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1	2	3	4	5	6	7
Separate hard lumps, like nuts.	Sausage-shaped but lumpy.	Like a sausage or snake but with cracks on the surface.	Like a sausage or snake, smooth and soft.	Soft blobs with clear-cut edges.	Fluffy pieces with ragged edges, a mushy stool.	Watery, no solid pieces.