

Overcoming Estrogen Dominance

# Food, Mood, Poop Journal

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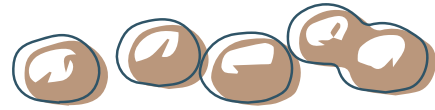


# What does healthy poop look like?



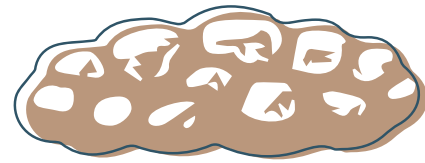
## TYPE 1

Separate peanut- to walnut-size pieces. Hard to pass. Indicates constipation.



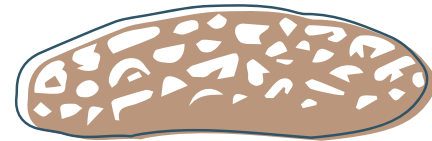
## TYPE 2

Banana-shaped but very lumpy. Can be hard to pass. Indicates slight constipation.



## TYPE 3

Size of a thick sausage, comes out easily and bowels feel emptied. Indicates a good bowel movement.



## TYPE 4

Size of a banana, easy to evacuate and bowels feel emptied. Indicates a good bowel movement.



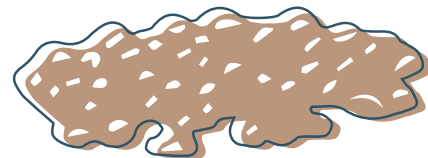
## TYPE 5

Stool falls apart easily, visible food particles, comes out easily. Indicates slight diarrhea.



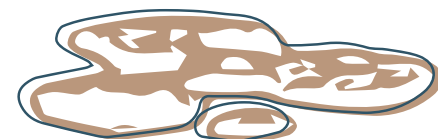
## TYPE 6

Mushy stool that has no shape. Indicates diarrhea.



## TYPE 7

Watery stool. Indicates diarrhea.



DATE: May 10

TIME:	FOOD/DRINK CONSUMED:	HOW I FEEL: Mood, stomach/digestion, energy level, quality of sleep, skin, aches & pains, etc.	POOP: Refer to the Bristol Stool Chart to give it a number (#) and describe color
8 AM Breakfast	1 bowl whole grain cereal with low fat milk		Constipation, Type #1. Brown. Feels like there is more left.
9:30 AM		Feel tired and moody, slight headache, already hungry again	
11:30 AM Lunch	Water, turkey sandwich on whole wheat bread, potato chips, apple		
12 PM		Feel slightly better: less moody, headache gone, still tired	
3 PM Snack	Small bag of trail mix		Got diarrhea
6:30 PM Dinner	Roast chicken, 1 bowl of vegetable soup, salad (lettuce, cucumber, tomato, carrot, Italian dressing)		
7 PM	1 bowl whole grain cereal with low fat milk	Feel much better after dinner	
9 PM Snack	Bowl of chocolate chip ice cream with a banana		
9:20 PM	Water	Feel exhausted and bloated, just want to go to sleep	

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