**Poop Journal**

Consider what we talked about in class. This assignment will focus on analyzing three separate bowel movements over the course of a week.

1) Observe and Analyze three different bowel movements. Write a paragraph about each considering the following:

 i) Shape – What shapes are there? Describe. If not ideal (“S” shaped or “C” shaped) Consider why? (ie. Not enough fiber? Inappropriate hydration? Lack of food?)

 ii) Color/Consistency – Describe and consider why? (Lots of corn? ☺ Beets?)

 iii) Effort – Did it come out easily? Did you blow out your eyeballs? ☺ (excess strain)

Any pain? How long did it take?

2) Give it a rating – 1 – Dangerous – (Should see a doctor) to 5 (Extremely healthy, absolutely no issues).

\*\*Use paragraphs and analyze how your diet and hydrating habits are playing a role in your ability to produce healthy stool.

This will serve as your first check-in for your Nutrition Assignment