Center for Pediatric Gastroeneterology & Nutrition
Bowel Movement Chart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/1	3/2	3/3	3/4	3/5	3/6	3/7
Med: 3 Ex-lax BM: 0	Med: 3 Ex-lax BM: 6 (watery)	Med: ¼ cap BM: 0	Med: 1 cap BM: 0	Med: 1 ½ cap BM: 1 (large)	Med: 1 ½ cap BM: 1 (soft)	Med: 1 ½ cap BM: 1 (soft)
Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:
Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:
Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:
Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM:	Med: BM: