



## Elimination Indication Chart

	Healthy	Red Flags
<b>Frequency</b>	<input type="checkbox"/> 1-3 bowel movements per day	<input type="checkbox"/> Fewer than 1 bowel movement per day
<b>Transit Time</b>	<input type="checkbox"/> Bowels are easily moved	<input type="checkbox"/> Pain, strain, explosive gas, or cramping
<b>Size/Shape</b>	<input type="checkbox"/> Stools large in diameter (colon's diameter is about 2-3 in)	<input type="checkbox"/> Skinny stools
<b>Texture</b>	<input type="checkbox"/> Stools that hold together	<input type="checkbox"/> Chunky or lumpy stools (often a sign of dehydration or incomplete elimination)
	<input type="checkbox"/> Smooth on the outside; shaped similar to a colon	<input type="checkbox"/> Rabbit pellets or diarrhea
<b>Color*</b>	<input type="checkbox"/> Brown	<input type="checkbox"/> Green, clay-colored, red, black...anything but brown
<b>Composition</b>	<input type="checkbox"/> Bobbing stools	<input type="checkbox"/> Sinking or floating stools (can indicate improper digestion of certain nutrients)
<b>Odor</b>	<input type="checkbox"/> Very little odor	<input type="checkbox"/> Overpowering stench (indicator of incomplete or poor digestion)

*\*There are many reasons for stool color change, and this is not an exhaustive list. Seek prompt medical care if you have unusual stools consistent over time or any unusual change in the color or texture of your stool.*