



# Connecticut Children's Co-Management Tool-Kit

www.connecticutchildrens.org

860.545.9000

*Kids are great! We just make'em better.®*

## ELIMINATION DIARY - RECORD VOLUME OR DESCRIPTION

Day of week \_\_\_\_\_

Day of week \_\_\_\_\_

Time	Drink	Pee	Poop
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			

Time	Drink	Pee	Poop
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			

Pee accidents .....  Yes  No

Pee accidents .....  Yes  No

Poop accidents .....  Yes  No

Poop accidents .....  Yes  No

Dry Night.....  Yes  No

Dry Night.....  Yes  No

Any pee dance/running to bathroom? .....  Yes  No


Any pee dance/running to bathroom?.....  Yes  No


*Please mark stool consistency based on Bristol Stool Chart (see reverse side)*


# Bristol Stool Chart

Type 1  Separate hard lumps, like nuts  
(hard to pass)

Type 2  Sausage-shaped but lumpy

Type 3  Like a sausage but with cracks on  
its surface

Type 4  Like a sausage or snake, smooth  
and soft

Type 5  Soft blobs with clear-cut edges  
(passed easily)

Type 6  Fluffy pieces with ragged edges, a  
mushy stool

Type 7  Watery, no solid pieces.  
**Entirely Liquid**



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## DIARIO DE ELIMINACIÓN – APUNTE EL VOLUMEN O DESCRIPCIÓN

Día de la semana \_\_\_\_\_

Día de la semana \_\_\_\_\_

Hora	Bebida	Orinar	Evacuar
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			

Hora	Bebida	Orinar	Evacuar
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			

Accidentes de orina .....  Sí  No

Accidentes de orina .....  Sí  No

Accidentes de excreta .....  Sí  No

Accidentes de excreta .....  Sí  No

Noche seca .....  Sí  No

Noche seca .....  Sí  No

¿Baile de orinar / correr al baño? .....  Sí  No

¿Baile de orinar / correr al baño? .....  Sí  No

**Por favor marque la consistencia de la excreta basada en la  
Tabla de Excreta Bristol (vea el lado reverso)**

# Bristol Stool Chart

Type 1



Separate hard lumps, like nuts  
(hard to pass)

Type 2



Sausage-shaped but lumpy

Type 3



Like a sausage but with cracks on  
its surface

Type 4



Like a sausage or snake, smooth  
and soft

Type 5



Soft blobs with clear-cut edges  
(passed easily)

Type 6



Fluffy pieces with ragged edges, a  
mushy stool

Type 7



Watery, no solid pieces.  
**Entirely Liquid**