



Ayurvedic Weekly Stool Journal

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| Date | Time | Color | Smell | Texture | Quantity | Float | Food |
|------|------|-------|-------|---------|----------|-------|------|
| M:   |      |       |       |         |          |       |      |
| T:   |      |       |       |         |          |       |      |
| W:   |      |       |       |         |          |       |      |
| T:   |      |       |       |         |          |       |      |
| F:   |      |       |       |         |          |       |      |
| S:   |      |       |       |         |          |       |      |
| S    |      |       |       |         |          |       |      |
| M:   |      |       |       |         |          |       |      |
| T:   |      |       |       |         |          |       |      |
| W:   |      |       |       |         |          |       |      |
| T:   |      |       |       |         |          |       |      |
| F:   |      |       |       |         |          |       |      |
| S:   |      |       |       |         |          |       |      |
| S    |      |       |       |         |          |       |      |