



Overcoming Estrogen Dominance

Food, Mood, Poop Journal

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What does healthy poop look like?



TYPE 1

Separate peanut- to walnut-size pieces. Hard to pass. Indicates constipation.



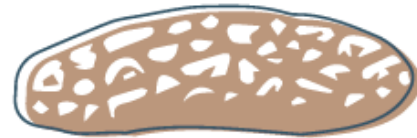
TYPE 2

Banana-shaped but very lumpy. Can be hard to pass. Indicates slight constipation.



TYPE 3

Size of a thick sausage, comes out easily and bowels feel emptied. Indicates a good bowel movement.



TYPE 4

Size of a banana, easy to evacuate and bowels feel emptied. Indicates a good bowel movement.



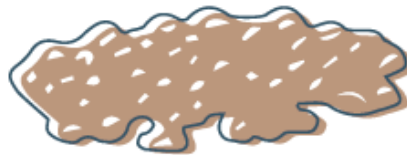
TYPE 5

Stool falls apart easily, visible food particles, comes out easily. Indicates slight diarrhea.



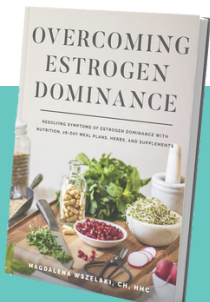
TYPE 6

Mushy stool that has no shape. Indicates diarrhea.



TYPE 7

Watery stool. Indicates diarrhea.



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Sample FMP Journal

DATE: MAY 10

Time	Food/Drink Consumed	How I feel Mood, stomach/ digestion, energy level, quality of sleep, skin, aches and pains, etc.	Poop Refer to the Bristol Stool Chart to give it to a number (#) and describe color.
8:00 AM Breakfast	1 bowl whole grain cereal with low fat milk		Constipation, Type #1. Brown. Feels like there is more left.
9:30 AM		Feel tired and moody, slight headache, already hungry again	
11:30 AM Lunch	Water, turkey sandwich on whole wheat bread, potato chips, apple		
12:00 PM		Feel slightly better: less moody, headache gone, still tired	
3:00 PM Snack	Small bag of trail mix		Got diarrhea
6:30 PM Dinner	Roast chicken, 1 bowl of vegetable soup, salad (lettuce, cucumber, tomato, carrot, Italian dressing)		
7:00 PM	1 bowl whole grain cereal with low fat milk	Feel much better after dinner	
9:00 PM Snacks	Bowl of chocolate chip ice cream with a banana		
9:20 PM	Water		

My FMP Journal - Day 1

DATE:

Time	Food/Drink Consumed	How I feel	Poop

My FMP Journal - Day 2

DATE:

Time	Food/Drink Consumed	How I feel	Poop

My FMP Journal - Day 3

DATE:

Time	Food/Drink Consumed	How I feel	Poop

My FMP Journal - Day 4

DATE:

Time	Food/Drink Consumed	How I feel	Poop

My FMP Journal - Day 5

DATE:

Time	Food/Drink Consumed	How I feel	Poop

My FMP Journal - Day 6

DATE:

Time	Food/Drink Consumed	How I feel	Poop

My FMP Journal - Day 7

DATE:

Time	Food/Drink Consumed	How I feel	Poop