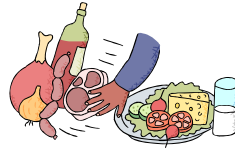


FBD Weekly Diary

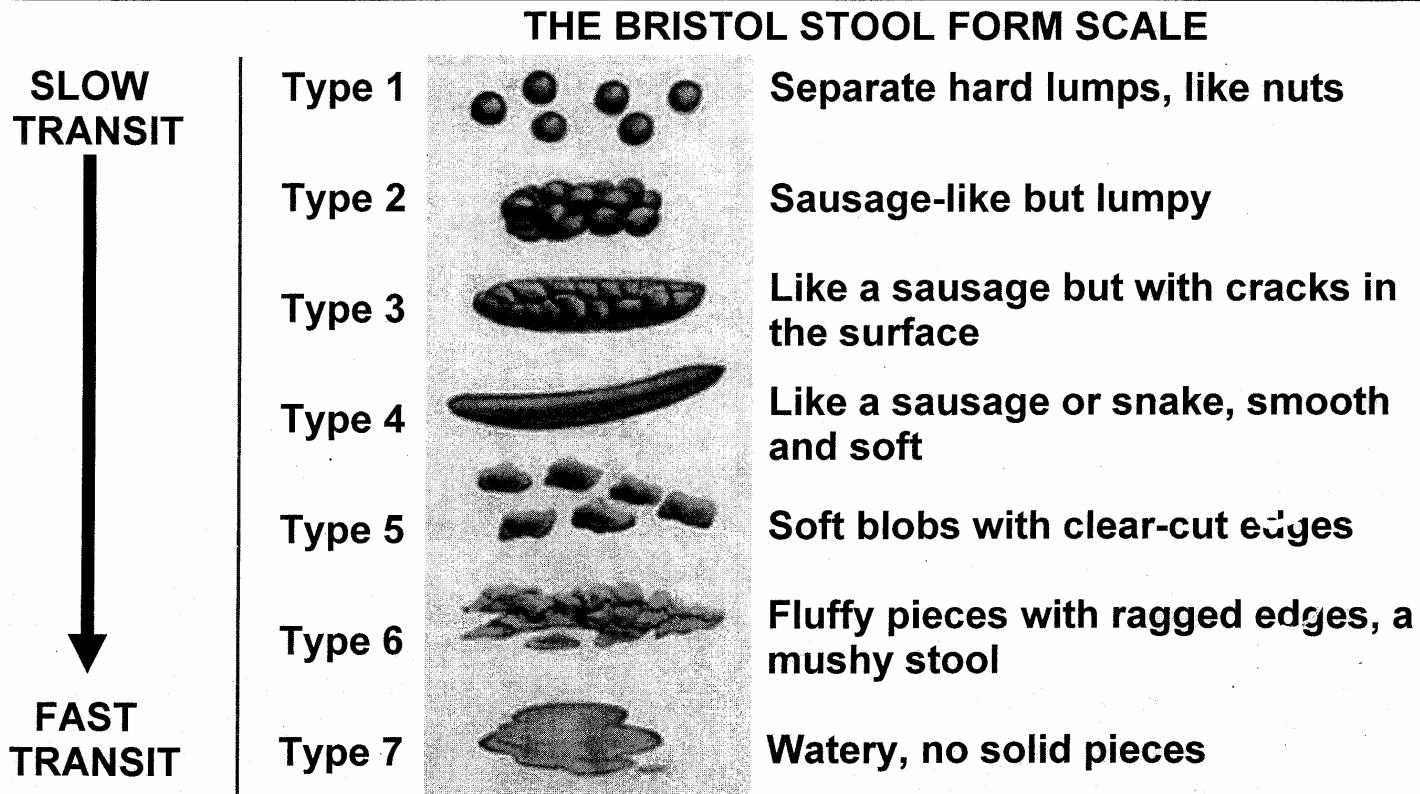


Day/Date	Time	Food(s) Eaten	Activities	Emotional Status	Stool type *	Symptoms/severity
Example: Mon. 1/1/07	11:00 a.m.		Walked 1 mile	A little anxious		Slight stomach cramps, constipation
Mon. 1/1/07	12:00 p.m.	Ham sandwich, chips, 20 oz soda		Relaxed, but tired		Slight stomach cramps, constipation
Mon. 1/1/07	1:30 p.m.			Worried	Type 1	Cramps relieved when went to bathroom

For Women: Please note if you are having your period the day(s) you record information

*See "Stool Form Correlates to Intestinal Transit Time" at end of diary to help determine stool type

Stool Form Correlates to Intestinal Transit Time



Lewis SJ, Heaton KW. *Scand J Gastroenterol.* 1997;32:920-924.

Heaton KW, O'Donnell LJ. *J Clin Gastroenterol.* 1994;19:28-30.