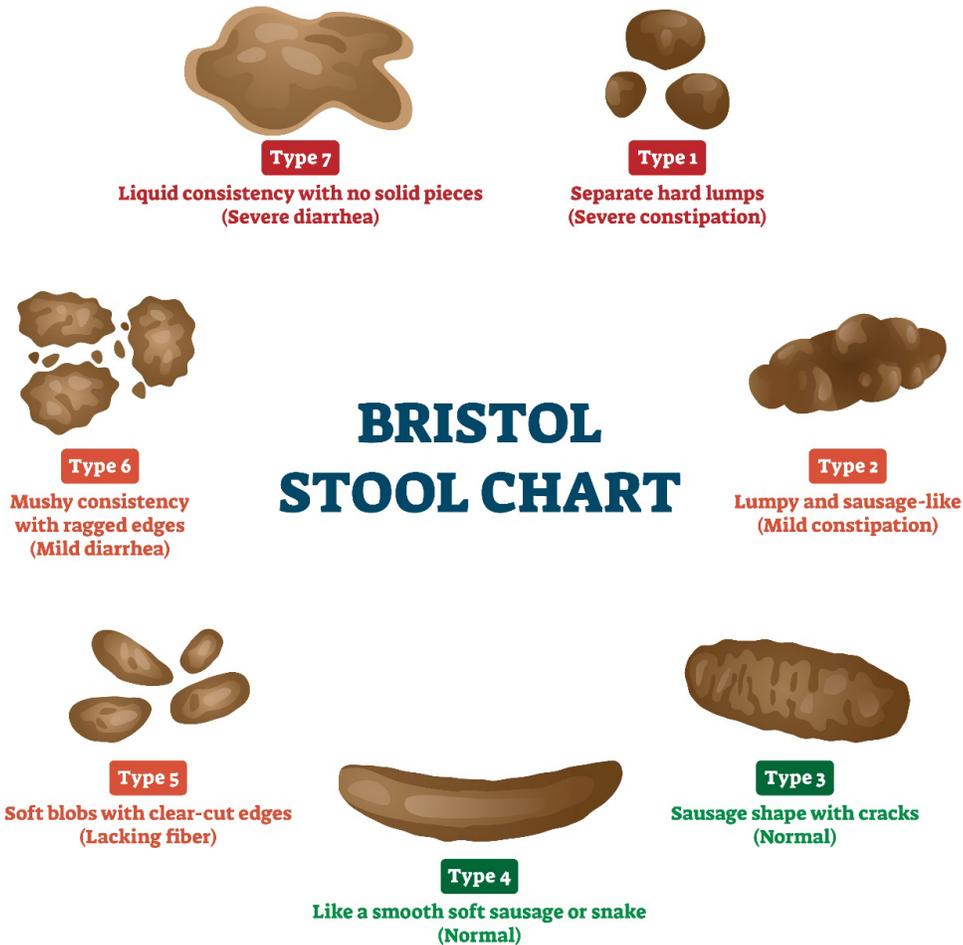


# Tracking Digestive Health

Caregivers and physicians can utilize the **Bristol Stool Chart** to help track an individual's stools for evidence of common digestive problems. Ken Heaton, MD, from the University of Bristol, developed the chart in 1997.



*Credit: VectorMine/Getty Images*

- The ideal stool is generally type 3 or 4
- Types 1 and 2 can indicate constipation
- Types 5, 6, and 7 can indicate diarrhea