

Bristol Stool Chart



**Rebel[™]
health**

**Build Your
Resilient Gut**

MICROBIOME & BEYOND

Build Your Resilient Gut: *Bristol Stool Chart*

First Edition

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Bristol Stool Chart:

What do you see?

Ideally, you want to be as close to #4 as possible, 1-2x/day.

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