



# Bowel Diary:

Difficulty Getting Poop Out

## ***3 Easy Steps!***

- 1) Take 3 days to complete the diary on the pages listed below (Days do NOT have to be consecutive)
- 2) ***Schedule an appointment*** to review the results of your Bladder Diary
- 3) Create an action plan with your physical therapist to improve the quality of your life

Phone: (404)390-0255

Website: [https://www.physicaltherapyatl.com/  
bookings-checkout/bladder-bowel-diary-review/](https://www.physicaltherapyatl.com/bookings-checkout/bladder-bowel-diary-review/)

Day 1

[illegible]

## Day 2

[illegible]

## Day 3

[illegible]