

Ins and Outs

scoresheet

days filled out _____ name/dob _____

<u>ins:</u>	total:	avg/day:	vs goal:	suggest:
servings whole/raw veg			2	
servings processed veg/juice			3	
servings whole/raw fruit			2	
servings processed fruit/juice			2	
servings complex starch			5	
servings simple starch			1	
servings animal protein			2	
servings animal dairy			3	
servings veg protein/dairy			5	
servings fat				
servings sugar				
servings caffeine				
servings alcohol				
servings water			8c	

based on daily goals 6 grains 5 veg 4 fruit 3 milk 2 meat 1 vitamin - modify for individual plan

outs:
 #stool, 24h total _____ #avg/day _____ #min _____ #max _____
 correlated with min (date) _____
 correlated with max (date) _____
 #hemorrhoidal/correlates (blood on paper, blood on stool) _____
 #hematochezia/correlates (black and tarry/sticky, red water, clots) _____
 #constipation/correlates (hard, painful) _____
 #loose/correlates (soft/mushy, soupy, watery) _____
 #malabsorptive/correlates (foamy/floating) _____
 pain sxs: abd cramping type _____ pelvic type (endometriotic, prostatic) _____ bloating type _____ fissure type _____ proctalgia type _____ relieved by _____
 a/p: _____