

GUT HEALTH · FREE TRACKING TOOL

The Bristol & Fermentation Log

The seven-type Bristol Stool Form Scale as a scoring key, wired to a fourteen-day log of transit, bloating and wind — because the fastest way to learn what your gut tolerates is to measure it for two weeks instead of guessing.

- Bristol scale 1–7 decoded
- 14-day transit & tolerance log
- Fibre-change decision rules
- Red-flag screening list
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

The Bristol Stool Form Scale is a validated clinical instrument: stool form tracks closely with colonic transit time, which is why it is used to subtype IBS in the Rome criteria and to judge whether a fibre change is working.

Form is a proxy for speed. Hard, separate lumps mean slow transit and more water reabsorbed; watery stool means fast transit. Types 3 and 4 sit in the middle and are the target. You cannot judge a fibre or fermentation change from memory over two weeks — you need the daily score.

Fermentation shows up as wind and bloating, not just form. When colonic bacteria ferment fibre they produce gas; a sudden fibre jump shows as bloating and wind before it changes form. Logging both form and bloating tells you whether to hold, retreat or advance your fibre ladder.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
Lewis & Heaton, Bristol scale validation	Stool form correlates with whole-gut transit time; types 1–2 slow, 3–4 normal, 5–7 fast.
Rome criteria (IBS subtyping)	Bristol form is the accepted instrument for classifying constipation- and diarrhoea-predominant patterns.
Fermentation physiology	Bacterial fermentation of fibre produces gas; wind and bloating are the earliest measurable signal of a fibre change.

QUICK START — THE NEXT TEN MINUTES

- 1

Print the log and pin it in the bathroom
A log that lives elsewhere does not get filled in. Score at the moment, not at bedtime.
- 2

Score form and bloating once per day
Record the Bristol type of each bowel movement and a 0–3 bloating score. Add wind if it was notable.
- 3

Note one change at a time
If you change fibre, fluid or a food, write it in the "change" column. One variable per week, or the result is uninterpretable.

DO NOT SELF-TRACK; SEE A CLINICIAN IF ANY OF THESE APPLY

Blood in or on the stool or black tarry stools · unintentional weight loss · iron-deficiency anaemia · persistent nocturnal diarrhoea · fever · a family history of colorectal cancer or inflammatory bowel disease · new bowel habit change after age 50 · type 7 diarrhoea lasting more than two days with signs of dehydration. These are not fibre problems; they are medical evaluations.

THE SEVEN FORMS, READ AS TRANSIT SPEED

TYPE	WHAT IT LOOKS LIKE	TRANSIT	HOW TO READ IT
1	Separate hard lumps	Slow	Severe constipation. Raise fluid and soluble fibre gradually; add movement.
2	Sausage-shaped, lumpy	Slow	Mild constipation. Usually responds to soluble fibre and fluids.
3	Sausage with surface cracks	Normal	Normal. Hold your current pattern.
4	Smooth, soft sausage or snake	Normal	The ideal. This is the target of the fibre ladder.
5	Soft blobs with clear edges	Fast	Mildly fast. Often fine; if persistent, check recent food changes.
6	Mushy, ragged edges	Fast	Mild diarrhoea. Look at caffeine, alcohol, sorbitol and recent fibre jumps.
7	Watery, no solid pieces	Fast	Diarrhoea. Hydrate; if it lasts beyond two days or brings red flags, see a clinician.

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THE MEASUREMENT PHASE

Fourteen days of form, bloating and wind

Score once per bowel movement, daily. In the change column write the one thing you altered that day — a fibre food, fluid, caffeine, a new supplement — or "none". One variable per week keeps the result interpretable.

DAY	BRISTOL 1–7	BLOATING 0–3	WIND	CHANGE TODAY (ONE ONLY)	NOTES — TIMING, URGENCY, SLEEP, STRESS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Day 1–7 dominant type Day 8–14 dominant type Average bloating week 1 Average bloating week 2

DAY - 14 DECISION RULES

MOSTLY TYPES 1–2 (SLOW)

Raise soluble fibre a rung at a time — oats, psyllium, cooked vegetables — with an extra glass of water at each step. Add a daily walk. Re-measure after one week.

MOSTLY TYPES 3–4 WITH LOW BLOATING (ON TARGET)

Hold steady. This is the pattern the fibre ladder is trying to reach; the log now becomes your early - warning system.

MOSTLY TYPES 5–7 (FAST)

Look for a recent change: caffeine, alcohol, sugar alcohols, a big insoluble-fibre jump, or a new supplement. Remove one variable and re-measure.

HIGH BLOATING WITH ANY FORM

Fermentation load is high relative to tolerance. Drop back one fibre rung, hold for four days, then advance more slowly. This is the hold -and- retreat rule.

Ready for the Complete Step-by-Step Blueprint?

This tracker gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

The Gentle Fiber Ladder Workbook

A 21-day, four-rung ladder that raises fiber intake at the pace a sensitive gut can actually adapt to.

Clinical Practice Series · 26 pages · A4 print + fillable

The Gentle Fiber Ladder Workbook

Safely increase fiber intake for sensitive stomachs using a structured 21-day tolerance ladder.

26 pages

21-Day Step Food Ladder

Clinical Practice Series

\$12 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The 21-day, 4-rung fibre ladder** — soluble, semi-soluble, insoluble and prebiotic rungs, each with the exact foods and the dose to advance on.
- 1 The physiology of fermentation** — why gas and bloating appear, what they mean, and how to time fibre so a sensitive gut adapts.
- 1 Symptom and Bristol trackers built in** — a three-week log wired to each rung so every advance is a measured decision, not a guess.
- 1 Hold-and-retreat rules** — the exact thresholds for pausing, dropping a rung or escalating, so you never push through a bad week.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free tracker already gives you

- ☐ The Bristol scale as a validated transit key
- ☐ A 14-day form, bloating and wind log
- ☐ Simple hold / advance / retreat decision rules

What only the 26-page edition has

- ☐ The graduated 4-rung ladder that fixes the cause, not just the reading
- ☐ Three weeks of rung-by-rung trackers with advance thresholds
- ☐ The fermentation physiology to adapt without bloating
- ☐ What to do when your gut does not respond as the chart predicts

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/THE-GENTLE-FIBER-LADDER-WORKBOOK](https://healthsecrets.com/products/the-gentle-fiber-ladder-workbook)

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A4 print + fillable

Pin the log in the bathroom and score at the moment, or fill every field on screen.

Board-certified clinical review

Written to the validated Bristol scale and Rome criteria. No miracle claims.

One-time payment

\$12 once, no subscription, instant download after checkout.

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