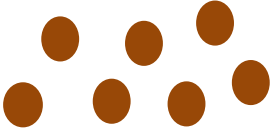





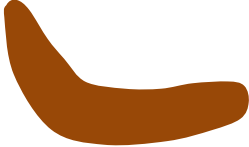
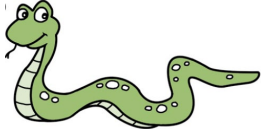



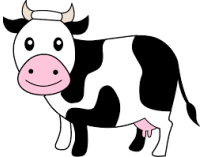




## The Poo Chart

<p><b>Type 1</b></p>			<p>Separate hard lumps like rabbit droppings - hard to pass</p>
<p><b>Type 2</b></p>			<p>Hard lumps joined together, like an old log</p>
<p><b>Type 3 (normal)</b></p>			<p>Log with a couple of cracks through it</p>
<p><b>Type 4 (normal)</b></p>			<p>Long smooth snake</p>
<p><b>Type 5</b></p>			<p>Soft blobs like water logged pellets</p>
<p><b>Type 6</b></p>			<p>Mushy like a cow pat</p>
<p><b>Type 7</b></p>			<p>Watery brown liquid (diarrhoea)</p>