Digestive Charting- Westside Family Acupuncture
Legend

Use Day or Times (Morning - Noon - Even)	Pain Location Quadrant Upper - Middle - Lower	Stool Type Hard- Loose-Pellets- Constipated - Diarrhea	Stool Color Pale-Yellow-Green-Brown Black	Pain Type Cramping- Spasms - Discomfort - Burning - Etc

Day / Times	Pain	Nausea	Vomiting	Acid Reflux	Stool Type	# BM	BM Color	Pain Type	Meal Types
	(U) (M) (L)								
	(U) (M) (L)								
	(U) (M) (L)								
	(U) (M) (L)								
	(U) (M) (L)								
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Notes									