

“Connecting to Wellness” Cheat Sheet

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

NUTRITIONAL TEST - BM

Bowel Movements: Many people believe that the definition of a normal bowel movement is having 1 movement each day, but that is not true for everyone. There is no rule for frequency of bowel movements, but the general range is from **3 times a day** to 3 times a week. Less than 3 movements a week may indicate constipation, and more than 3 watery stools a day could indicate diarrhea. A bowel movement should be soft and easy to pass, though some people may have harder or softer stools than others. **Stool should be brown or golden brown, be formed, have a texture similar to peanut butter, and have a size and shape similar to a sausage.**

Number of Bowel

Movements a day: _____

Type: _____

If your BM is absent, loose, watery or abnormal score yourself a 1. Normal but not every day your score is a 2. Normal bowel 1 to 3 times a day give yourself a 3.

Abnormal

Normal not everyday

Normal everyday

1
SICKNESS · CRISIS

2
AVERAGE

3.
PREVENTION · WELLNESS

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RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __ YEAR

DATE _____ NAME _____

BM TEST

SCORE