

Table to Toilet Routine

Please go from the table to the toilet after breakfast, snack after school, and dinner.

Sit for 10 minutes and attempt to stool.

Chart your progress below, and bring this chart to your follow up appointment.

○ = Attempt, ● = Stooled

Date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Snack							
Dinner							

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