

## OVERVIEW — LAST 30 DAYS

2

Total entries

1

Days logged

3.0

Avg Bristol type

4.5

Avg pain score

100%

Urgency reported

0

Blood noted

## BRISTOL STOOL DISTRIBUTION

Type	Count	%	Frequency
Type 2 — Lumpy sausage	1	50%	
Type 4 — Smooth sausage	1	50%	

Bristol Types 3–4 are considered the healthy range.

## FOOD TRIGGERS

Trigger	Times logged	Avg Bristol type
<i>No food triggers logged in this period</i>		

**Medical Disclaimer**

This report was generated by Flora, a personal wellness app. It is a summary of self-reported data and is provided for informational purposes only. It does not constitute a medical record, clinical assessment, or medical advice. Flora does not diagnose or treat any medical condition. Please share this summary with your healthcare provider as supplementary information — it is not a substitute for a clinical consultation. Always seek professional medical advice regarding any health concerns.