Star Chart

| , | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|---------------------------|-----|------|-----|------|-----|-----|-----|
| Fibre | | , | | | | | |
| Water | | | | | | | |
| Toilet 10 minutes 2 x day | | | | | | | |
| Laxative | | | | | | | |
| Poo in toilet | | | | | | | |
| Exercise | | | | | | | |