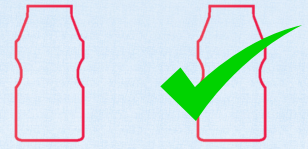
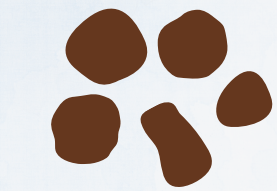


POOP DIARY

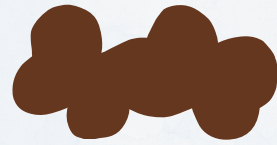
NAME:



Tick if you have drank Yakult for the day



1 Hard Lumps



2 Sausage with Cracks



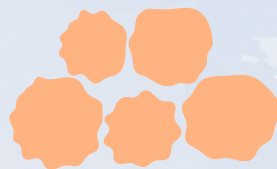
***3** Sausage with Smooth Surface



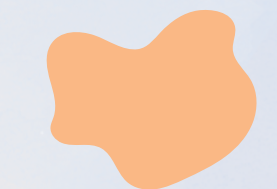
***4** Smooth and Soft



5 Soft Blobs



6 Mushy



7 Watery

*Indicates a healthy poop

Using the stool chart, mark the corresponding number (1 to 7) on the calendar to record your daily stool type

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Date:							
.....							
Week 2							
Date:							
.....							
Week 3							
Date:							
.....							
Week 4							
Date:							
.....							
Week 5							
Date:							
.....							

How many times is each stool type marked in the calendar?

1 2 3 4 5 6 7

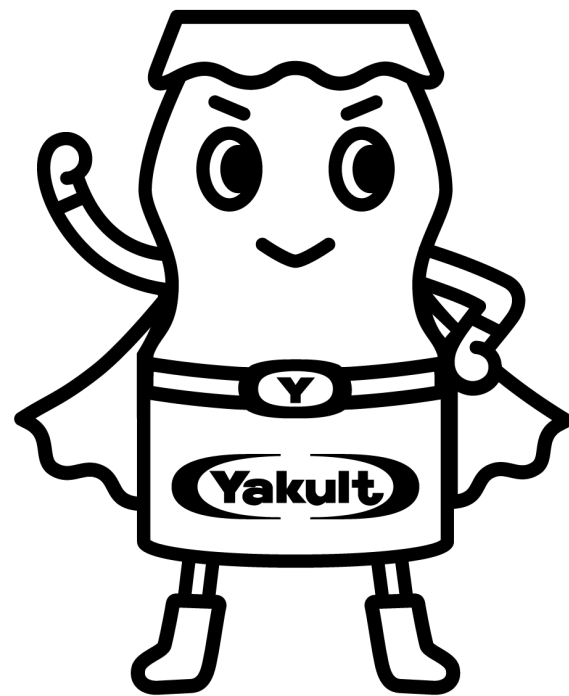
How many days have I drank Yakult?

COLOURING PAGE

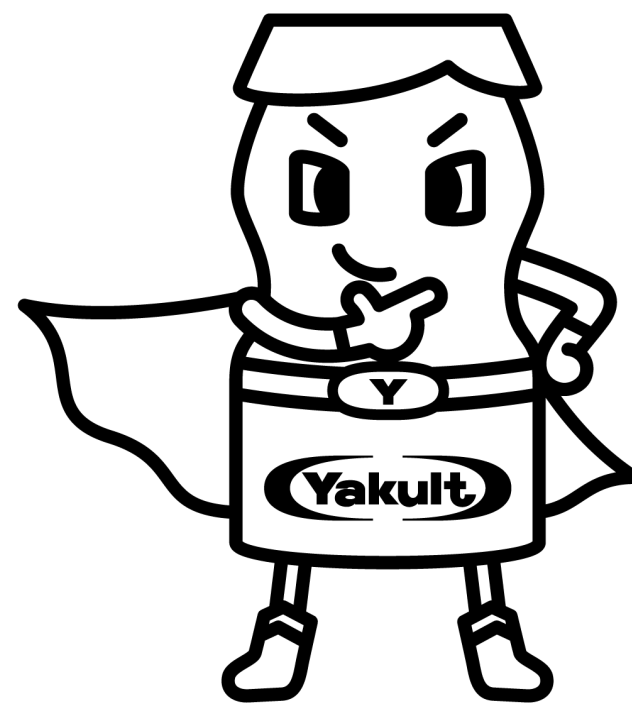
Colour in Yakult Man and friends once you have completed your weekly recording!

MY AGE:

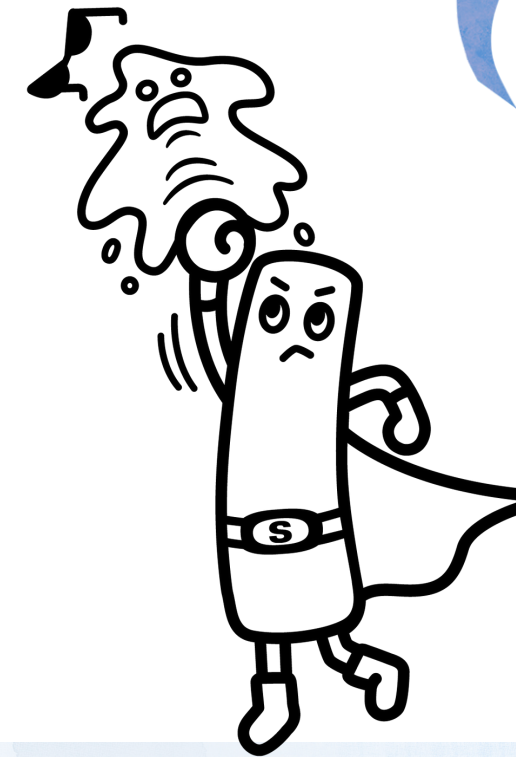
WEEK 1 COMPLETE



WEEK 2 COMPLETE



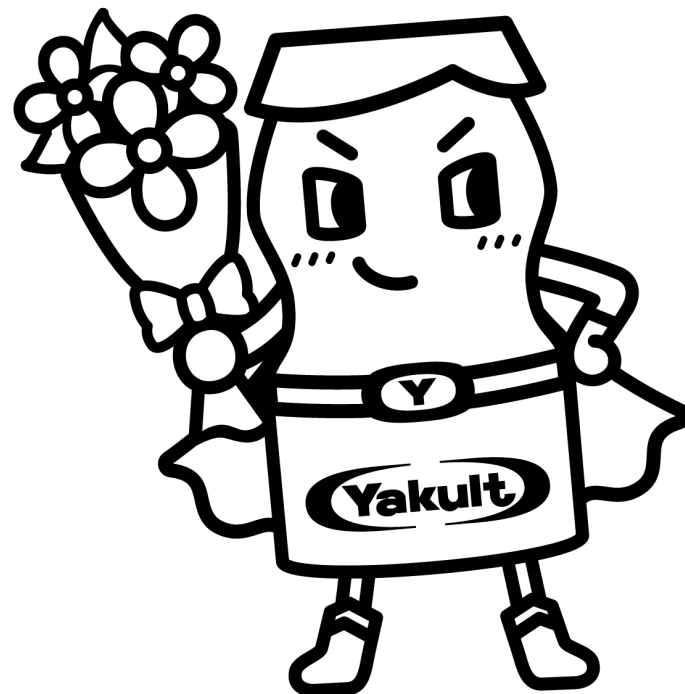
WEEK 3 COMPLETE



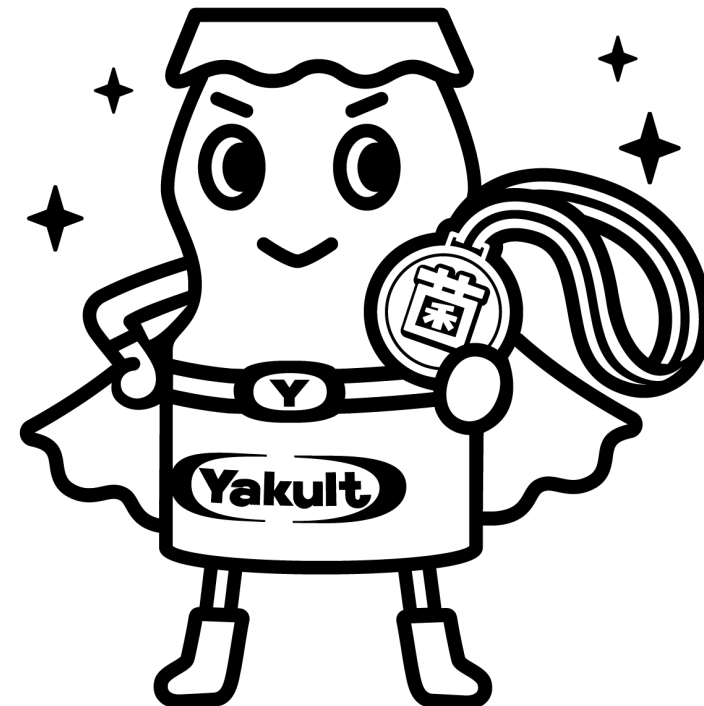
INSTRUCTIONS

1. Record your average type of poop daily.
2. Indicate if you drank Yakult for the day.
3. Once you have completed your recording for the week, colour in one Yakult Man character.
4. Submit your completed colouring sheet after 5 weeks using the provided QR code.

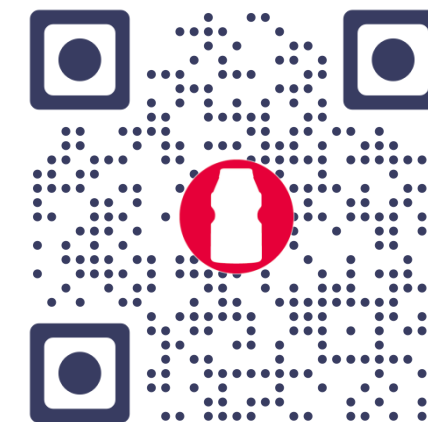
WEEK 4 COMPLETE



WEEK 5 COMPLETE



SUBMIT YOUR COLOURING PAGE HERE



To receive priority booking for a factory tour and a FREE GIFT!

*Free gift available until stocks run out



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