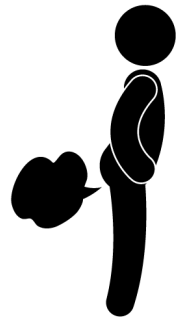


# \_\_\_\_\_ 's Fart Journal

Each time you fart this week, note the time, the type of fart, the last thing you ate, and the smell on a scale of 1-5 (with 5 being the smelliest).



**EXAMPLE:** 3:34 PM - *small toot!*

*had peanut butter and jelly for lunch*



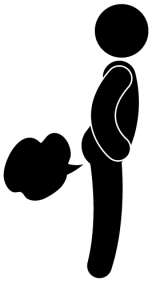
(3 out of 5 on the smell scale)

**Thursday**

**Friday**

**Saturday**

**Sunday**



**Monday**

**Tuesday**

**Wednesday**