

# Things the make ya go poop!

Nothing like a good poop to start your day. Here's a checklist of things that will help ya go poop in the morning.

- ☐ Eat breakfast
- ☐ Exersize
- ☐ Drink a cold glass of water
- ☐ Eat fiber
- ☐ Go at the same time each day
- ☐ Drink coffee
- ☐ Stick to the same morning routine