

FODMAP REINTRODUCTION TRACKER

PHASE 2: CHALLENGE
FOOD / CATEGORY

FODMAP GROUP (E.G., FRUCTOSE, LACTOSE)

START DATE

Day	Amount/Dose	Symptoms & Severity (1-10)	Notes (Bloating, Pain, Bowel Habit)
Day 1	Small		
Day 2	Medium		
Day 3	Large		
Washout	No Challenge		
Washout	No Challenge		

OVERALL TOLERANCE SUMMARY

High Tolerance

Moderate Tolerance

No Tolerance (Trigger)

FOLLOW-UP NOTES

Monitor symptoms for 24 hours after each dose. If significant symptoms occur, stop the challenge immediately.