

SENSITIVITY ANALYSIS PHASE

FODMAP Reintroduction Tracker

Group: (e.g. Fructans)

Test Food: _____

Week Ending: _____

PHASE / DAY	AMOUNT	SYMPTOM OBSERVATIONS	SEVERITY (1-5)	PASS?
Day 1 Low Dose				[]
Day 2 Washout	None			-
Day 3 Medium Dose				[]
Day 4 Washout	None			-
Day 5 High Dose				[]

Tolerance Conclusion & Threshold Notes

Record specific triggers, transit time, and maximum tolerable serving size...

Consult with a registered dietitian before adjusting long-term dietary restrictions.