

COLON HEALTH TRACKER

Monthly Maintenance Log

Month:

Year:

DAY	HYDRATION (8+ CUPS)	FIBER INTAKE (25G+)	PHYSICAL ACTIVITY	BM CONSISTENCY/FREQ	SYMPTOMS/PAIN
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01

02

03

04

05

06

07

08

09

10

11

DAY	HYDRATION (8+ CUPS)	FIBER INTAKE (25G+)	PHYSICAL ACTIVITY	BM CONSISTENCY/FREQ	SYMPTOMS/PAIN
12					
13					
14					

Monthly Summary & Physician Notes:

This document is a template for personal tracking only. Consult a healthcare professional for medical advice.