

# DIGESTIVE WELLNESS PROGRESS CHART

WEEK STARTING: \_\_\_\_\_

NAME: \_\_\_\_\_

GOAL: \_\_\_\_\_

DAY	MEALS & HYDRATION	SYMPTOMS (BLOAT/PAIN)	ENERGY LEVEL	FIBER/PROBIOTIC	BM (TYPE/FREQ)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

TRIGGERS IDENTIFIED

WEEKLY SUMMARY & IMPROVEMENTS

Bristol Stool Scale Reference: Type 1-2 (Constipation) | Type 3-4 (Ideal) | Type 5-7 (Diarrhea)