

GI SYMPTOM TRACKER

Name:

Week Of:

DATE	TIME	FOOD & DRINK INTAKE	SYMPTOMS / BM TYPE	SEVERITY (1-10)	NOTES (STRESS, SLEEP, MEDS)
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Severity Scale: 1 (Mild/Minimal) - 10 (Severe/Debilitating) BM Type: Use Bristol Stool Scale (Type 1-7)