

# MICROBIOME BALANCE TRACKER

Week Of: \_\_\_\_\_ Goal: \_\_\_\_\_

METRIC	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Probiotic Foods</b> Kefir, Kimchi, etc.							
<b>Prebiotic Fiber</b> Garlic, Oats, etc.							
<b>Plant Variety</b> Count (e.g., 5)							
<b>Digestion Quality</b> 1 (Low) - 5 (High)							
<b>Energy Levels</b> Stable throughout day							
<b>Hydration</b> 8oz glasses							

This template is for personal tracking only. Consult a healthcare professional for clinical diagnosis.