

DAILY GUT HEALTH HABIT TRACKER

Track everyday habits that may support digestion, regularity, and overall gut health.

Week of: _____ to: _____

How to use: Check off habits you complete each day. The goal is awareness, not perfection. Individual needs and food tolerance vary.

1. Daily Habit Grid

Daily Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ate fiber-rich foods	☐	☐	☐	☐	☐	☐	☐
Included a variety of plant foods	☐	☐	☐	☐	☐	☐	☐
Stayed adequately hydrated	☐	☐	☐	☐	☐	☐	☐
Included fermented foods*	☐	☐	☐	☐	☐	☐	☐
Ate meals at a comfortable pace	☐	☐	☐	☐	☐	☐	☐
Included regular movement	☐	☐	☐	☐	☐	☐	☐
Took a stress-management break	☐	☐	☐	☐	☐	☐	☐
Allowed adequate time for sleep	☐	☐	☐	☐	☐	☐	☐

* Fermented foods are optional and may not be appropriate or well tolerated by everyone.

2. Plant Variety

Day	Approx. Number of Different Plant Foods
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Plants can include vegetables, fruits, legumes, whole grains, nuts, seeds, herbs, and spices.

3. Quick Daily Check-In

Day	Digestive Comfort 1-10	Bloating 0-10	Stress 1-10	Sleep Quality 1-10
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

DAILY GUT HEALTH HABIT TRACKER

Review your week and choose one or two realistic habits to continue or improve.

4. Habits I Followed Most Consistently

- ☐ Fiber-rich foods
- ☐ Hydration
- ☐ Comfortable eating pace
- ☐ Stress management

- ☐ Plant variety
- ☐ Fermented foods
- ☐ Movement
- ☐ Adequate sleep

5. Habits That Were Harder This Week

- ☐ Fiber-rich foods
- ☐ Hydration
- ☐ Comfortable eating pace
- ☐ Stress management

- ☐ Plant variety
- ☐ Fermented foods
- ☐ Movement
- ☐ Adequate sleep

6. My Weekly Snapshot

Most comfortable digestion day: _____	Most difficult digestion day: _____
Average digestive comfort: ____ / 10	Average bloating: ____ / 10
Average stress: ____ / 10	Average sleep quality: ____ / 10

7. Patterns I Noticed

- ☐ Higher-fiber days seemed different
- ☐ Greater plant variety seemed well tolerated
- ☐ Movement appeared related to digestive comfort
- ☐ Poorer-sleep days seemed different
- ☐ I haven't noticed a clear pattern yet

- ☐ Hydration seemed related to bowel regularity
- ☐ Fermented foods seemed well tolerated
- ☐ Higher-stress days seemed different
- ☐ Eating more slowly seemed helpful

8. Three Things I Learned This Week

1. _____
2. _____
3. _____

9. My Focus for Next Week

- One habit I'll continue: _____
- One habit I'd like to improve: _____
- One pattern I'll continue watching: _____
- One realistic change I'll try: _____

Important: This tracker is for general education and self-awareness, not diagnosis or treatment. Digestive responses vary, and increasing fiber or adding particular foods may not be appropriate for everyone. Persistent, severe, worsening, or unexplained symptoms should be discussed with a qualified healthcare professional.

Free for personal and educational use.