

WEEKLY GUT HEALTH PATTERNS WORKSHEET

Review digestion, meals, fiber, hydration, bowel habits, stress, sleep, and movement across the week.

Week of: _____

to: _____

How to use: Record observations across the week, then look for repeated patterns. An association does not prove that one food or habit caused a symptom.

1. My Digestion This Week

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

Avg. digestive comfort: ____ /10	Avg. bloating: ____ /10
Avg. stress: ____ /10	Avg. sleep quality: ____ /10

2. Bowel Pattern Snapshot

Typical bowel movement frequency: _____

My bowel movements were generally:

- ☐ Regular
- ☐ More frequent than usual
- ☐ No clear pattern
- ☐ Less frequent than usual
- ☐ Variable

Typical Bristol Stool Type: _____

Did I experience:

- ☐ Constipation
- ☐ Urgency
- ☐ Significant variation
- ☐ Loose stools
- ☐ Incomplete emptying
- ☐ None of these

Notes about bowel patterns:

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Explore possible connections between food patterns, hydration, stress, sleep, and movement.

3. Fiber & Plant Foods

This week I regularly included:

- ☐ Vegetables
- ☐ Whole grains
- ☐ Nuts
- ☐ Fermented foods

- ☐ Fruits
- ☐ Beans / lentils
- ☐ Seeds

My fiber-rich food intake was:

- ☐ Fairly consistent
- ☐ Lower on some days

- ☐ Higher on some days
- ☐ Difficult to estimate

Did digestive comfort appear different on higher-fiber days?

- ☐ Better
- ☐ About the same
- ☐ Unsure

- ☐ Worse
- ☐ Mixed

4. Meals & Eating Patterns

- ☐ Larger meals seemed different
- ☐ Eating quickly seemed related to discomfort
- ☐ Particular foods may be worth observing

- ☐ Smaller meals seemed different
- ☐ Irregular meal timing seemed relevant
- ☐ No obvious meal-related pattern

Foods or meals I want to observe further:

5. Hydration

My hydration was generally:

- ☐ Consistent
- ☐ Lower than usual

- ☐ Inconsistent
- ☐ Difficult to estimate

Did hydration appear related to bowel regularity or digestive comfort?

- ☐ Yes
- ☐ No

- ☐ Sometimes
- ☐ Unsure

6. Stress, Sleep & Movement

Factor	Consistent	Variable	Low / Poor	Unsure
Sleep	☐	☐	☐	☐
Movement	☐	☐	☐	☐
Stress management	☐	☐	☐	☐
Hydration	☐	☐	☐	☐

Higher-stress days seemed connected with digestive changes:

- ☐ Yes
- ☐ No

- ☐ Sometimes
- ☐ Unsure

Poorer-sleep days seemed connected with digestive changes:

- ☐ Yes
- ☐ No

- ☐ Sometimes
- ☐ Unsure

Movement appeared related to digestive comfort or regularity:

- ☐ Yes
- ☐ No

- ☐ Sometimes
- ☐ Unsure

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Connect the week's observations and choose what is worth tracking next.

7. My Most Comfortable Digestion Day

Day: _____

What did I eat?

Fiber / plant foods:

Hydration: _____ Sleep: ____/10 Stress: ____/10

Movement: _____ Anything else notable:

8. My Most Difficult Digestion Day

Day: _____ Symptoms: _____

Foods / meals beforehand:

Bowel pattern: _____ Hydration: _____

Sleep: ____/10 Stress: ____/10 Movement: _____

What was different around this day?

9. Patterns Worth Watching

- | | |
|---|---|
| ■ Certain meals repeatedly appeared near symptoms | ■ Larger meals seemed associated with discomfort |
| ■ Fiber intake appeared relevant | ■ Hydration appeared related to regularity |
| ■ Stress seemed related to digestive comfort | ■ Poor sleep seemed related to symptoms |
| ■ Movement appeared related to regularity | ■ Bowel patterns changed noticeably during the week |
| ■ No consistent pattern emerged yet | |

10. Three Patterns I Noticed

1. _____
2. _____
3. _____

11. My Focus for Next Week

One habit I want to continue:

One habit I want to improve:

One food or meal pattern I want to observe:

One symptom or bowel pattern I want to track:

One question I may discuss with a healthcare professional:

Important: This worksheet is intended for education and pattern tracking, not diagnosis. An association between a food, habit, and symptom does not necessarily mean one caused the other. Avoid unnecessary food restriction based on isolated observations. Persistent, severe, worsening, or unexplained digestive symptoms should be discussed with a qualified healthcare professional.

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