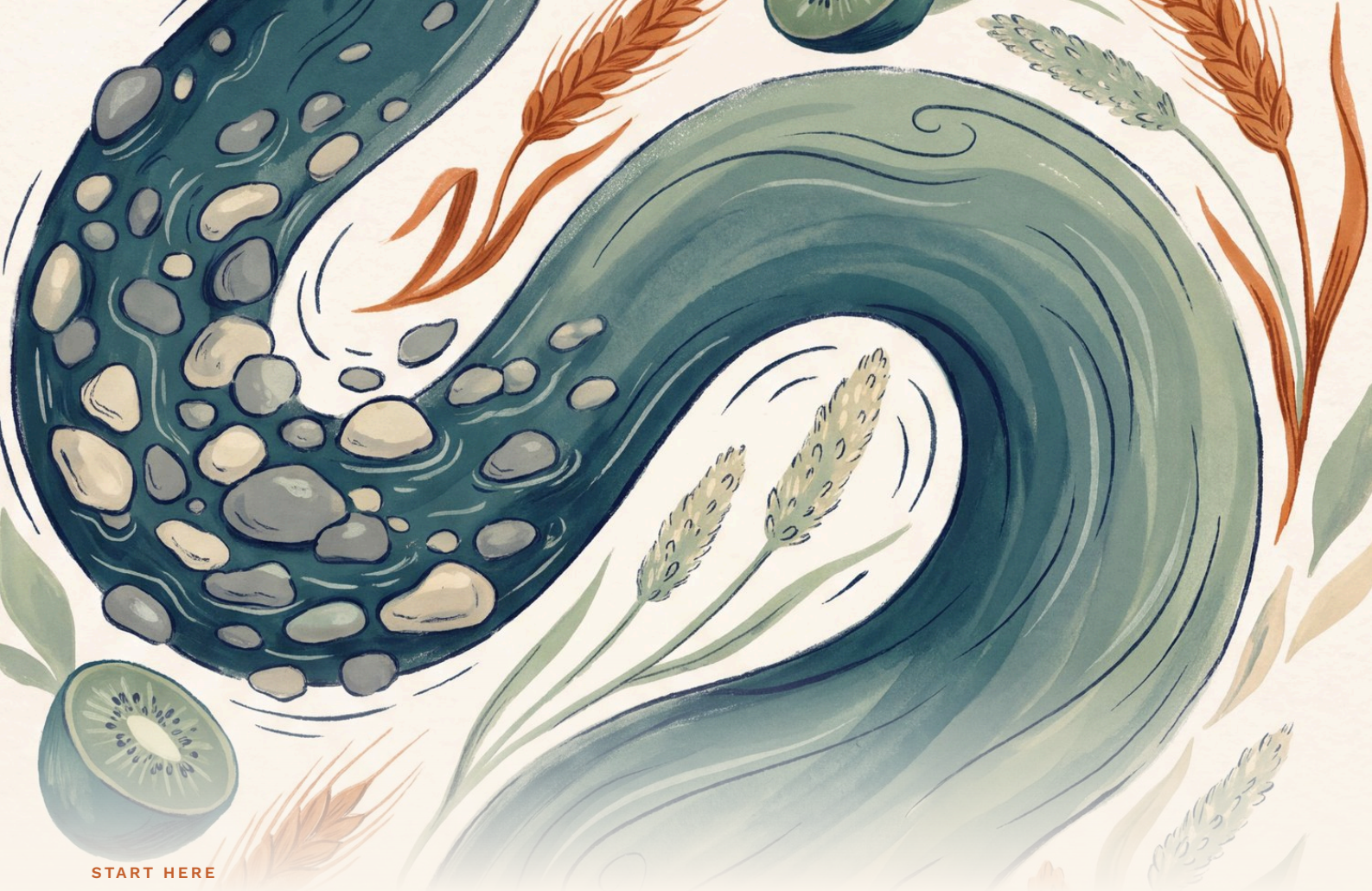


START HERE

Find Your Toolkit

A guide to every toolkit in the Companion Kit, with what each one is for and when to choose it.

Find Your Toolkit

Choose support for your symptoms, routines and everyday life.

A GENTLE PLACE TO START

My Gut Health Starter Toolkit; My Seven-Day Gut Diary; My Plant Variety Tracker; My One-Habit Tracker.

SUPPORT FOR WHAT MATTERS TO YOU

Choose a topic toolkit, then use the diaries, practical plans and questions that fit your needs. Extra guides support appointments, meals, shopping, movement and gentle practice.

ONE CONCERN IS ENOUGH

Start small. Read the safety guidance first, choose one suitable step and record only what is useful. You do not need to complete every toolkit.

SAFETY FIRST

These printables support everyday self-care. They do not replace medical advice, so speak to your doctor if you are worried about any symptom.

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Gut Health Starter Toolkit

Find a starting point, understand the evidence labels and choose one manageable step. Pair it with My Seven-Day Gut Diary if you would like a short observation record before choosing a topic toolkit.

Coming later: a four-systems illustrated summary poster

My Bloating & Gas Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: one-change food observation and space for your next questions.

Coming later: a gentle-breathing pocket card; dietitian-led food reintroduction pages

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Constipation Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: my bowel-care conversation and space for your next questions.

Coming later: a Bristol stool chart; a breakfast-to-toilet routine pocket card

My IBS Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: dietitian-led fodmap passport and space for your next questions.

Coming later: a symptom-to-treatment conversation map; dietitian-completed FODMAP challenge records

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Mood & Gut Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: my help-now and support card and space for your next questions.

Coming later: Mediterranean-style one-change meal cards; a pocket-size support contact card

My Energy & Cravings Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: the afternoon-dip comparison and space for your next questions.

Coming later: a craving-pause worksheet; an optional weekly weight record

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Reflux Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: my night-time reflux setup and space for your next questions.

Coming later: a PPI and alginate appointment record; a night-time setup pocket card

My Antibiotic Recovery Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: my antibiotic leaflet and timing sheet and space for your next questions.

Coming later: an antibiotic-associated diarrhoea call card; a leaflet timing record to check with your pharmacist

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Fibre & Plants Toolkit

A 28-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: my fibre-tolerance ladder and space for your next questions.

Coming later: a budget chilli recipe card

My Fermented Foods Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: fermented-food label comparison and space for your next questions.

Coming later: a sauerkraut recipe and batch log

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Everyday Food Swaps Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: two-swap budget and time planner and space for your next questions.

Coming later: a three-product ingredients comparison; a batch-cooking and freezer planner

My Movement Toolkit

A 28-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: exercise and gut-pattern record and space for your next questions.

Coming later: an illustrated chair-and-bottle strength card

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Sleep & Stress Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: sleep appointment preparation and space for your next questions.

Coming later: a bedtime backwards planner

My Medicines & Gut Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: complete medicine reconciliation and space for your next questions.

Coming later: an urgent medication gut-warning pocket card

Find Your Toolkit

Choose the topic that feels most relevant to you.

My Outdoor Wellbeing Toolkit

A 14-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: my nearby-nature and fallback map and space for your next questions.

Coming later: seasonal accessible-route cards

My Mind-Gut Practice Toolkit

A 28-day starting plan, practical checklist and reusable diary, with a short overview tracker. Also inside: ten-minute gut-worry thought check and space for your next questions.

Coming later: recorded audio for gentle breathing, a three-minute pause, muscle relaxation and a fifteen-minute relaxation

How to use your toolkit

A few simple steps to get the most from these printables.

- [ ] Read the safety guidance first. If you have red-flag symptoms or are unsure, speak to your doctor or pharmacist before you begin.
- [ ] Choose one toolkit that fits your main concern. You do not need to complete every toolkit.
- [ ] Print at actual size, or fill in the PDF on screen. What you record stays with you.
- [ ] Record only what is useful. Use the diaries and trackers for a week or two, then look back for patterns.
- [ ] Take your completed diary to appointments, to help you and your clinician see what is changing.
- [ ] Come back to this page to choose another toolkit whenever your needs change.