

STARTER PACK

My Seven-Day Gut Diary

A seven-day diary, a one-page overview and a reusable daily page, to see what changes together.

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My seven-day diary

A simple diary to use before you choose a topic toolkit.

WHAT YOUR DIARY CAN TELL YOU

Record what matters to you. You do not need to weigh foods, count calories or exclude foods. A pattern cannot prove intolerance, IBS, an allergy or a medicine side effect.

WHEN NOT TO WAIT

Get medical assessment for blood/black stool, unexplained weight loss, persistent vomiting, trouble swallowing, fever with pain, night-waking symptoms or new persistent bowel changes. Sudden severe pain, major bleeding, collapse or concerning chest pain need emergency care.

Choose your own score anchor

For a symptom score, use 0 = none and 10 = your worst imaginable symptom. Keep the same symptom and scale all week. Stop tracking if it becomes distressing.

Symptom I want to observe

For example bloating, pain or urgency; keep the same focus.

Other context worth recording

Meals/times, stool, sleep or stress; keep it manageable.

My review date / care contact

Seek help sooner when warning signs apply.

My seven-day overview

Use plain words where a number does not help.

Day / date	Food / drink and timing	Main symptom 0–10 / time	Bowel / stool observations	Sleep / stress / other context
1				
2				
3				
4				
5				
6				
7				

What I want to ask at review

A reusable daily page

Print this page whenever you need more room.

Date, symptom and timing

What happened, when and how strong?

Meals and drinks

What and approximately when; amounts only if helpful.

Bowel observations

Frequency, stool description, straining or urgency; no subtype diagnosis.

Sleep, stress, movement and medicines

Record relevant context and prescribed changes, never self-experiment by stopping doses.

What helped / question to take forward

Other explanations, what remains unclear and who to ask.