AFTER ANY 14-DAY TRACKER

Two-Week Review

Turn fourteen days of dots into one decision. Compare your best days with your worst, then choose a single thing to keep, one to test and one to ask about.



SHEET 06

Name _____ **Tracker reviewed** _____ **Dates** _____

The numbers

Average score, days 1 to 7 _____ days 8 to 14 _____

Movements, week 1 _____ week 2 _____

Most common stool type, week 1 _____ week 2 _____

Days I kept to my chosen step _____ out of 14

Read this first

Two weeks can show a pattern. It cannot prove a cause. A factor that appears on most of your worst days and few of your best ones is worth one careful test, changing one thing at a time. A factor that appears on both is probably not the answer.

GO THROUGH YOUR TRACKER AND PUT A TALLY MARK EACH TIME	ON MY 4 BEST DAYS	ON MY 4 WORST DAYS
Slept well		
Slept badly		
Moved for 20 minutes or more		
Ate at regular times		
Ate late or in a rush		
High-stress day		
Alcohol		
More fibre or plants than usual		
A food I suspect:		
Medicine or supplement change		
Period		
Away from home		

Keep

What clearly helped, and I will carry on doing

_____

_____

_____

Test next

The one change I will try for the next two weeks

_____

_____

_____

Ask

What I cannot explain and will raise with my doctor or pharmacist

_____

_____

_____

No better after two to four weeks of steady effort? That is useful information. Take this sheet and your tracker to your doctor. Warning signs never wait for a review date.