14-DAY TRACKER

Bloating Tracker

Two dots a day: one on waking, one in the evening. Flat in the morning and swollen by night is the commonest pattern, and the gap between the dots shows whether a step is working.



SHEET 08

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
BLOATING, 0 NONE TO 10 WORST														
Bloating ● on waking O in the evening Join each pair with a line.	10 8 6 4 2 0													
ALSO TODAY														
Belly visibly swollen	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stool type 1 to 7														
Stress 0 to 10														
Sleep hours														
STEPS I PRACTISED														
Ate slowly, sitting down	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Walked after a meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Belly breathing	○	○	○	○	○	○	○	○	○	○	○	○	○	○
No gum or fizzy drinks	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fibre step, built up slowly	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gut-calming relaxation	○	○	○	○	○	○	○	○	○	○	○	○	○	○

One food change at a time

The single food or habit I am changing

_____

From day _____ to day _____ Brought back on day _____

What happened when it came back

_____

_____

After 14 days

Average on waking _____ Average evening _____

Days visibly swollen _____ of 14

My calmest days had this in common

_____

_____

! **Bloating that is frequent or constant**, especially after 50 or with feeling full quickly, pelvic pain or needing to pass urine more often, needs a doctor rather than a longer food trial. Keep eating gluten until coeliac testing has been discussed. Peppermint can worsen reflux.