ONE SHEET PER WEEK · FOUR WEEKS TO BUILD THE HABIT

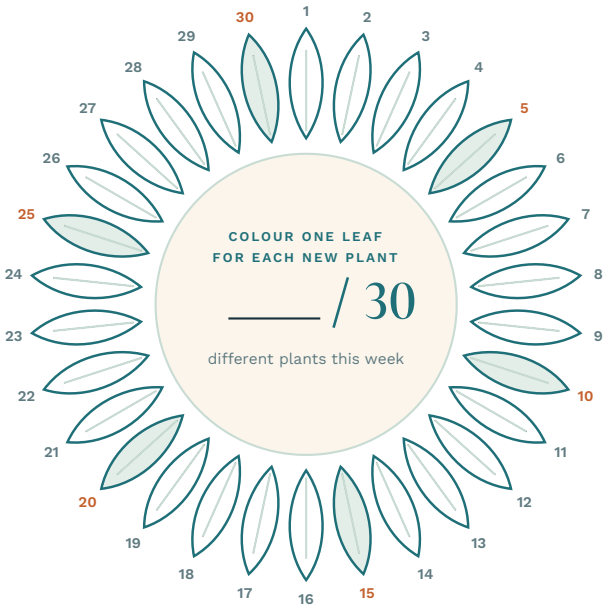
30 Plants a Week

Write each new plant in its group and colour a leaf. Repeats do not count twice, so the wheel rewards variety. The grid below keeps an eye on comfort.



SHEET 15

Name _____ **Week** _____ **starting** _____



Vegetables

_____

_____

_____

_____

Fruit

_____

_____

_____

_____

Beans and lentils

_____

_____

_____

_____

Wholegrains

_____

_____

_____

_____

Nuts and seeds

_____

_____

_____

_____

Herbs and spices

_____

_____

_____

_____

DAY	1	2	3	4	5	6	7
Date							
Fibre foods I added							
Fluids glasses							
Wind or bloating 0 to 10							
Stool type 1 to 7							

Week 1

Plants _____ / 30

Comfort 0 to 10 _____

Week 2

Plants _____ / 30

Comfort 0 to 10 _____

Week 3

Plants _____ / 30

Comfort 0 to 10 _____

Week 4

Plants _____ / 30

Comfort 0 to 10 _____

! **One point for each different plant in the week.** Thirty is a guide for building variety, and there is no pass mark. Add fibre gradually and step back if wind or bloating builds. A narrowed bowel, a past blockage or swallowing problems need a doctor's advice before more fibre or psyllium.