14-DAY TRACKER

Food Swaps Tracker

Two swaps you can afford and keep beat a perfect week you cannot repeat. Tick what you managed and plot energy and gut comfort, so you can see whether the swaps repay the effort.



SHEET 17

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
SWAPS MADE TODAY														
Sweet or fizzy drink swapped	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Breakfast swapped	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Snack swapped	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main meal cooked from scratch	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Read an ingredients list	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Packaged items eaten rough count														
HOW I FELT, 0 POOR TO 10 VERY GOOD														
Energy and gut ● energy O gut comfort 10 8 6 4 2 0														
Spent on food optional														

Swap planner Start with drinks, then one breakfast, then one snack.

WHAT I BUY NOW	WHAT I COULD HAVE INSTEAD	COST PER PORTION NOW / SWAP	EXTRA TIME (MINUTES)	WORTH KEEPING?

Ingredients I keep seeing on my labels

_____

_____

The two swaps I will keep

_____

_____

! **Every food can have a place.** A processing label alone does not tell you whether a food is harmful. Do not cut out whole food groups. If you are underweight, have a history of disordered eating or have active inflammatory bowel disease, talk to your care team before making large changes.