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7-Day Gut Health & Metabolism Tracker

THIS TRACKER WILL HELP YOU MONITOR YOUR DIGESTION, ENERGY LEVELS, AND OVERALL WELL-BEING AS YOU IMPLEMENT GUT-HEALING HABITS. USE IT DAILY TO IDENTIFY PATTERNS AND TRACK YOUR PROGRESS.

DATE:

MORNING CHECK-IN

How do I feel upon waking? (Refreshed, tired, bloated, energised?)

Did I have any bloating or digestive discomfort overnight?

MEAL	WHAT I ATE	DIGESTION (Easy, Bloating, Gassy, Heavy, Energised?)
BREAKFAST		
LUNCH		
DINNER		
SNACKS		
OTHER		

HYDRATION & GUT-SUPPORTING HABITS

- Drank 2-3L of water
- Had herbal tea (e.g. ginger, peppermint, fennel)
- Started the day with warm lemon water/apple cider vinegar

STRESS & LIFESTYLE FACTORS

- Did I feel stressed today? (Yes/No - What triggered it?)
- How was my sleep last night? (Hours slept, quality of rest)
- Did I move my body? (Walk, Pilates, yoga, strength training?)

GUT-FRIENDLY FOODS CHECKLIST

- Ate fermented foods (kimchi, sauerkraut, kefir)
- Included prebiotic-rich foods (onions, garlic, leeks, asparagus)
- Ate Omega-3-rich foods (salmon, walnuts, flaxseeds)
- Had protein with each meal

EVENING REFLECTION

- How did my body feel overall today?
- What foods/activities made me feel great?
- What foods/activities triggered discomfort?
- What can I adjust for tomorrow?

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