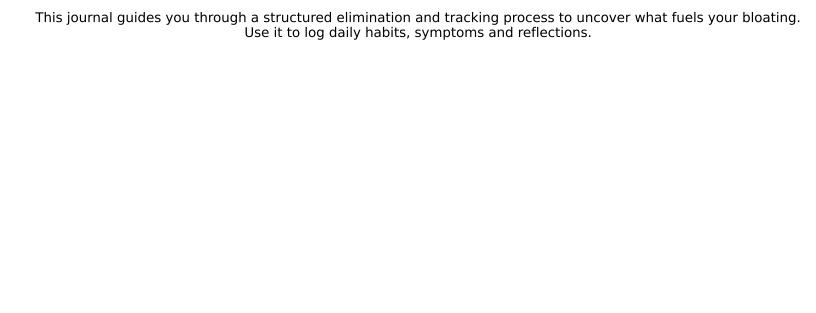
7-Day Bloating Reset Tracker

Track, Reset & Discover Your Triggers in One Week



Educational only - not medical advice. Seek professional guidance for persistent or severe symptoms.

How to Use This Tracker

- 1. Print or download this PDF and fill out each section daily.
- 2. Complete the focus and action items for each day.
- 3. Review your patterns on Day 3 and Day 7 to identify likely triggers.

Red Flags:

• Severe or worsening abdominal pain, fever, persistent vomiting, blood in stool, unexplained weight loss → seek medical care.

Baseline + remove obvious triggers (carbonation, gum)

- Warm water + 10-minute walk after meals
- Avoid carbonated drinks, gum and straws
- Log your meals and symptoms before bed

| Field | Description |
|-----------------|--|
| Sleep (hrs) | How many hours did you sleep? |
| Water (ml) | Total water intake |
| Meals | Time, food and notes |
| Symptoms (0–5) | Bloat, gas, pain |
| Bowel Movements | Count and consistency |
| Movement | 10-minute walk / Workout / Rest |
| Breathing | 5-minute belly breathing |
| Supplements | Digestive enzymes, peppermint oil, probiotic, ginger tea |
| Wins | What went well today |
| Notes | Any observations |

Dairy check

- Replace milk/ice cream with lactose-free or plant-based alternatives
- If you test a dairy item, consider using a lactase enzyme
- Continue logging meals and symptoms

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|-----------------|--|
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FODMAP hotspots

- Reduce or avoid high-FODMAP foods like onion, garlic, beans and wheat
- Use herbs and spices like ginger or turmeric for flavor
- Review your log to look for early patterns

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Meal timing & portions

- Avoid late heavy dinners; aim for 3 balanced meals
- Eat slowly and chew thoroughly
- Take a 10-minute walk after your largest meal

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| Movement | 10-minute walk / Workout / Rest |
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Constipation support

- Hydration goal: 2,000-2,500 ml of water
- Include fiber sources like oats or kiwi if tolerated
- Gentle movement to stimulate bowel motility

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|-----------------|--|
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| Meals | Time, food and notes |
| Symptoms (0–5) | Bloat, gas, pain |
| Bowel Movements | Count and consistency |
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Stress & breath

- Practice 5-minute belly breathing after lunch and dinner
- Do a relaxing activity such as yoga, stretching or a nature walk
- Continue tracking how stress affects your symptoms

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|-----------------|--|
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| Meals | Time, food and notes |
| Symptoms (0–5) | Bloat, gas, pain |
| Bowel Movements | Count and consistency |
| Movement | 10-minute walk / Workout / Rest |
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Reintroduce one item

- Choose one food you eliminated to test today
- Eat it in isolation and track symptoms for 4-6 hours
- Reflect on the week and prepare next steps

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|-----------------|--|
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| Meals | Time, food and notes |
| Symptoms (0–5) | Bloat, gas, pain |
| Bowel Movements | Count and consistency |
| Movement | 10-minute walk / Workout / Rest |
| Breathing | 5-minute belly breathing |
| Supplements | Digestive enzymes, peppermint oil, probiotic, ginger tea |
| Wins | What went well today |
| Notes | Any observations |

| Patterns so far? Any early suspects? What helped? | |
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| Day 7 Review | |
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| Top 1–2 likely triggers and next week plan | |
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| What surprised you most this week? | |
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| Plan for the next week: | |
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