

# 7-Day Bloating Reset Tracker

Track, Reset & Discover Your Triggers in One Week

This journal guides you through a structured elimination and tracking process to uncover what fuels your bloating.  
Use it to log daily habits, symptoms and reflections.

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.

# Day 1

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

# Day 2

## 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

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

# Day 3

## 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

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

# Day 4

## 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

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

# Day 5

## 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

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

# Day 6

## 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

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



# Day 7

## 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

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

Patterns so far? Any early suspects? What helped?

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## **Day 7 Review**

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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