

Gut Health Tracker Template by CareClinic

1. Daily Log

Date	Meals & Snack	Portion Size (Light, Medium, Heavy)	Food Reactions (None/Mild/Severe)	Symptoms Experienced (e.g., bloating, gas)	Water Intake (cups)	Exercise (Type & Duration)	Stress Levels (1-10)	Sleep (Hours & Quality 1-5)	Notes



2. Weekly Summary

Week	Overall Gut Health Rating (1-5)	Common Symptoms	Identified Triggers	Dietary Changes	Exercise Summary	Stress Management	Sleep Quality Summary	Improvements

3. Monthly Review

Month	Overall Gut Health Rating (1-5)	Key Patterns Observed	Effective Strategies	Areas for Improvement	Next Month Goals



4. Food Sensitivities and Reactions

Food Item	Reaction Type	Key Patterns Observed	Severity (1-5)	Notes/Details

5. Symptom Tracker

Symptom	Frequency	Severity (1-5)	Possible Triggers	Action Items	Improvement



6. Exercise and Activity Log

Date	Activity	Duration (hours, minutes)	Intensity (Low/Medium/High)	Notes

7. Sleep and Stress Tracker

Date	Sleep Duration (Hours)	Sleep Quality (1-5)	Stress Levels (1-10)	Stress Management Techniques	Notes

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