



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



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

OR SCAN THIS QR CODE WITH YOUR PHONE'S CAMERA



Downloaded from <https://careclinic.io/>, get the digital app from <https://careclinic.app.link/forms> or scan this QR code with your camera: