

# Gut & Hormone Tracker

## 1. Daily Gut & Hormone Tracker Table

Date	Bloating (1-5)	Bowel Movements	Mood	Energy	Sleep Quality	Hot Flashes	Foods Eaten

## 2. Weekly Patterns Review

- Biggest triggers this week:

- Foods that felt supportive:

- Stress levels:

- Sleep patterns:

- Hormone symptoms summary:

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## 3. Symptom Checklist

- Bloating
- Constipation
- Loose stools
- Gas
- Cramping
- Hot flashes
- Night sweats
- Mood swings
- Anxiety
- Irritability
- Fatigue
- Brain fog

## 4. Food & Lifestyle Habits Log

- Fiber intake
- Water intake
- Fermented foods
- Cruciferous vegetables
- Movement
- Stress management
- Sleep hours

## 5. Monthly Reflection Prompts

- What improved this month?

- What got worse?

## Gut & Hormone Tracker

- What patterns did I notice?

- What do I want to try next month?