

# 7-Day Gut-Health Challenge Tracker

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Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

Goal: Improve gut health, energy, mood & focus

## Daily Habit Tracker

Day	Habit Focus	Completed? (✓)	How Did You Feel Today? (Energy, Mood, Digestion, Sleep)	Notes or Changes
Day 1	Drink 2L+ Water	<input type="checkbox"/>		
Day 2	Eat More Fiber	<input type="checkbox"/>		
Day 3	Ditch Processed Foods	<input type="checkbox"/>		
Day 4	Eat Probiotic Foods	<input type="checkbox"/>		
Day 5	Practice Stress Relief	<input type="checkbox"/>		
Day 6	Move Your Body	<input type="checkbox"/>		
Day 7	Prioritize Sleep (7-9 hrs)	<input type="checkbox"/>		

## End of Challenge Reflection

- 1 What's changed in your energy levels? \_\_\_\_\_
- 2 How's your digestion? \_\_\_\_\_
- 3 Any changes in your mood or focus? \_\_\_\_\_
- 4 What habits do you want to keep going forward? \_\_\_\_\_
- 5 One word to describe how you feel after this challenge: \_\_\_\_\_