

Gut Health Data Tracker Template

72 Renew Gut MakeOver

Each week, log results, data and insights from your weekly projects so you and your clinician can further customize your nutrition, supplement and lifestyle plan.

Welcome: Gain The Vision

Let's keep it focused...

My top goals or intentions for the next 9 weeks PLUS one action step aligned with each of them.

- 1.
- 2.
- 3.

My top goals or intentions for the next year:

- 1.
- 2.
- 3.
- 4.
- 5.

Prep Week #1: Write a New Health Story

Date: _____

My Top Health Concerns or Goals I'd Like to Address

Health Concern/Goal 1:

Health Concern/Goal 2:

Health Concern/Goal 3:

Health Concern/Goal 4:

Health Concern/Goal 5:

My Primary Gut Type is _____

Digestive | Hormonal | Immune | Toxic | Brain | Wildcard

The foods and lifestyle factors my gut seems to **thrive** upon include (look back to your 3 day food log if needed):

The foods and stressors that make my gut type feel **worse** include (look back to your 3 day food log if needed):

Some possible supplements and nutrients to support my gut type that I'd like to incorporate (ask a clinician or do some research *off* Dr. Google):

Prep Week #2: Write a New Health Story

Date: _____

Stressors

My top 3 to 5 stressors (mental and physical) include (use the [Stressors](#) cheat sheet).

- 1.
- 2.
- 3.
- 4.
- 5.

My Timeline Reflection

Key insights from my "[Health Story](#)" timeline include:

My Mantra

[Note: A *mantra* is a phrase, reflective question or statement that is your “battle cry” for your program and reminds you of what your working towards, such as “What would healthy me do?” or “Healing” or “Moving forward”]

My “Miracle” Morning Routine Essentials

- 1.
- 2.
- 3.
- 4.
- 5.

Lesson #1: Cleanse Your Gut

Date: _____

Part 1: The Golden Poop Challenge

What My Poop Says About Me (my most common or dominant poo type)

Leftovers | Slip & Slide | Green Quease | Molding Clay | Mr. Stanky | The Big Dump | Lumpy | The Rock | Pebbles | Random (IBS) | The Golden Poop (Perfect)

Triggers for this poop type (why this is probably my poop type?):

Optional Digestion Challenges Insights

Bowel Transit Test

Findings (slow, fast, etc.):

Part 2: Clear the Clutter

In the spirit of cleansing, pick one thing to 'cleanse' in one of the following areas:

1. My HEALTH
2. My ENVIRONMENT
3. My MIND (what I feed it)
4. My RELATIONSHIPS

Choose one of these things to cleanse this week.

How I "cleared the clutter": _____

Lesson #2: Bust Bloating & Constipation for Good

Date: _____

Digestion Challenges Insights

Stomach Acid & Enzymes

Findings & Reflections: _____

Food Absorption Challenge

Findings: _____

Lesson #3: Balance Your Blood Sugar, Hunger & Cravings

Date: _____

My Blood Sugar Trends

Carbs

I feel best eating these carbs:

Times of day I feel best eating starchy carbs and fruits:

Protein

I feel best eating these proteins:

Healthy Fats

I feel best eating these fats:

Blood Sugar Tracker 3 Day Log (Optional)

Key insights

Lesson #4: Rewire Your Brain Gut Connection

Date: _____

Vagus Nerve

Palate-rise findings: _____

*Upload a video to share with your clinician

“Say ah” max seconds: _____

HRV 3 Day Log (Optional)

Key insights about your HRV trends:

Baseline HRV: _____

What LOWERS your HRV (less variability)?

What BOOSTS your HRV (less variability)?

My Evening Routine Essentials

- 1.
- 2.
- 3.
- 4.
- 5.

Lesson #5: Kick Your Food Intolerances & Rules

Date: _____

New foods I want to try during my reintroduction:

The Food Swap Challenge

Top 5 Foods + Replacements

- 1.
- 2.
- 3.
- 4.
- 5.

Foods I know don't agree with me or my Coca's Pulse Test

Foods that trigger some "histamine" intolerance

A food or fitness rule I want to test or break: _____

The 5 Types of Hunger (that have nothing to do with food)

Control | Worth | Purpose | Love/Connection | Joy

Key insights on my dominant types of hunger and my relationship with food

Lesson #6: Boost Your Hormones, Metabolism, & Body Confidence

Date: _____

My Ancestors & Culture

We can also gain insights about the foods and lifestyle habits best for our body based on our “roots” (our ancestors and culture). For example, are your ancestors or culture from Spain where olive oil, vegetables, fresh sea food and spice are common and the largest meal is eaten late in the day? Or do you have German roots--a “meat and potatoes” kinda gal and regular eating times with a lighter meal in the evening?). Do a little research on your background.

My Ancestry

My ancestry is: _____ (where you’re genetic roots are from; ie. Germany, Spain, etc.)

The types of foods my ancestors ate & their lifestyle habits included:

My Culture

My culture is _____ (ex. Hispanic, Indian, Asian, American, etc.)

Some of my personal family's food, lifestyle practices and beliefs include: (ex. big family meals, eating the largest meal for dinner, etc.)

Non gut-friendly practices of my family and culture include (ex. eating even when not hungry, fast food or convenient food on the go, watching TV while we eat):

Find Balance

Choose *at least one or two* ways to incorporate more balance in your health this week.

What I did:

Next Level: Fitness Benchmark

100 Burpees Time _____

A new fitness endeavor I tried _____

Reset Week: Customize Your Success Blueprint

Date: _____

What is Your Gut Type? Quiz

Complete the [What is Your Gut Type? Quiz](#) and review the 5 Gut Types [Guide](#) to begin aligning your “next steps” with your gut type.

Module #7: Heal Your Root (Gut)

Part 1: Dysbiosis Challenge

Do you have gut dysbiosis? Log your results:

Findings

Circle one

NO CHANGE

SYMPTOMS IMPROVE

SYMPTOMS WORSEN

Interpretation

IF NO CHANGE, you are likely in a symbiotic state. Take a probiotic just for maintenance and continue with 1 at bed to support optimal health.

IF SYMPTOMS IMPROVE with increased use at 4 capsules at bed, you are likely in a sterilized state. Begin taking a spore based probiotic and lactic acid based probiotic.

IF SYMPTOMS WORSEN with increased use, you are likely in a dysbiotic state and need to do a candida and dysbiosis cleanse using our Antimicrobial Protocol (see handouts in Module; find supplements on Fullscript [here](#)). If you’re wanting to dig deeper and address your symptoms, connect with your functional medicine practitioner.

Part 2: Make a Gut Bug Friend

Make a Gut Bug Friend: This week we are getting back to our inner child coloring skills and getting to know one of your gut bugs. Draw a picture of a “gut bug” to put on your fridge, pantry, stove—or any place you will see it this week, and nourish that bug accordingly.

Module #8: Rewire the Gut-Brain Connection

Part 1: Create a Health Timeline (with your Top Stressors & Conflicts)

Part 2: Try a Conflict Resolution Strategy

Step 1: Create a Health Timeline

What is your primary health challenge you’d like to get to the root cause(s) of (ie. migraines, acne, constipation, autoimmune disease, etc.)?

Create a “timeline” using the [German New Medicine Health Timeline worksheet](#) to identify what stressors may have preceded the issue. Unpack as many details as you can.

Step 2: Conflict Resolution Strategy

Choose one to start. Connect with a practitioner if you need guidance.

#1. Forgiveness Letter

Write a letter of forgiveness to someone you need to let go of emotion around.

#2. Perceptual Positions

Be a “fly on the wall” to your health condition (see Project handout)

#3. Breath Prayers

Keep a running daily notes tab for the prayers on your head and heart.

#4. Timeline Therapy

Walk through the timeline exercise to release negative emotions—specifically choose from, anger, sadness, fear, hurt, guilt or shame (see handout).

Module #9: Balance Your Hormones

Part 1: Circadian Rhythm Reset Day

Use the Circadian Rhythm Cheat Sheet as a guide to reset your rhythms for an entire day to promote improved energy and hormone balance.

Reflection

Some observations I had from my circadian reset day are:

1-3 new circadian habits I'd like to adopt into my daily schedule include:

- 1.
- 2.
- 3.

Part 2: Try Seed Cycling

Check out the protocol in your module to give seed cycling a whirl.

Module #10: Detox (without Starving)

Date: _____

Part 1: Ask Dr. Google

Think of 1 health, gut or metabolism-related question you've been wanting to know the answer to...

For Example:

- What causes bloating?
- 6 meals vs. 3 meals per day?

- Should you eat when you're constipated?
- "How does eating fat burn fat?"

Write them down. Then...**Research It.** Research the answer to your question through *real* validated resources with actual research to back it up **not on the first 2 pages of Google.** (Hint: You may have to do some digging beyond the first page of Dr. Google. Look to PubMed, books, podcasts or other articles on alternative search engines like DuckDuckGo).

3 Insights I Discovered :

- 1.
- 2.
- 3.

Part 2: Detox Daily

Integrate *one* detox practice this week to support your elimination pathways (ex. sauna sweat session, swap out toothpaste brands, buy organic meat and veggies).

Optional: Detox Your Body

This last project is totally **optional**, but a simple way to push a 'reset' button for your liver and gallbladder: perform a quick liver-gallbladder "flush."

Module #11: Find Food Freedom

Part 1: Health Belief Timeline + New Beliefs

- Complete the Timeline exercise below

- 3 new beliefs I'd like to adopt:

Part 2: Assess Your Nutrient Status

- Note Any Notable Nutrient Deficiencies & Cravings You Identify _____

Module #12: Ignite Your Immunity

Leaky Gut Challenge

How healthy can your gut be? Take the 3 day “leaky gut challenge” to strengthen your immune system! Simply implement as many daily habits in your Leaky Gut Challenge Log.

Module #13: Optimize

Date: _____

Part 1: Little Wins

What are 1 to 3 things to celebrate for yourself from the past several weeks? It can be anything...big or small. (In fact, I actually highly encourage the “small” — because it’s often the “little wins” or daily “little victories” that add up to make a big difference).

My Little Wins

- 1.
- 2.

3.

Part 2: Reassessment

Retake the “**What is Your Gut Type**” Assessment (and reflect back on your **Prep Week 1 findings**).

How my findings compare _____

Part 3: Gain Vision 2.0

Vision is what we started with...and vision is what we will end with before transitioning to the next phase. Complete the **Gain Vision 2.0** handout.

Gain Vision 2.0

My top 3 to 5 goals or intentions for the next 6 to 12 months PLUS one action step aligned with each of them.

In all areas: health, business, relationships, finances, etc.

1.

2.

3.

4.

5.