

GUT DIARY

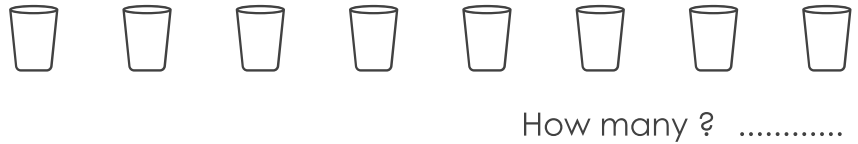
Date : / /
 M T W T F S S



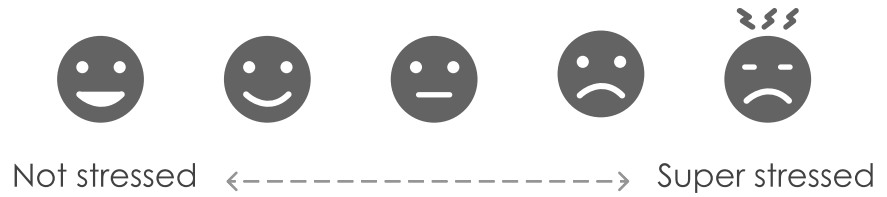
Poo :
 Circle me



Water :
 Fill me up



Stress :
 Circle me



Symptoms :
 Circle me

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Diarrhoea | <input type="checkbox"/> Bloating |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Gas |
| <input type="checkbox"/> Abdominal pain | <input type="checkbox"/> I'm good! |



Exercise

Duration

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 **Breakfast**

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 **Lunch**

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 **Snacks**

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 **Dinner**

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alforex[®] for IBS

Tick me