

**GLOWBACK
GUT RESET &
BLOAT
TRACKER**



14 Days to Digestive Relief, Calm & Body Trust

Your gut is listening to how you live.

WHY THE GUT MATTERS

Your gut is not just digestion.

It is:

- **Hormones**
- **Mood**
- **Inflammation**
- **Cravings**
- **Energy**
- **Immunity**
- **Nervous system regulation**

Most bloating is not about food alone.

It's about stress, speed, lack of routine, and emotional holding.

This tracker helps you observe, not judge.

HOW TO USE THIS TRACKER

- ✓ **Use for 14 consecutive days**
- ✓ **Eat simply**
- ✓ **Walk daily if possible**
- ✓ **Drink water consistently**
- ✓ **Track patterns, not perfection**

You are collecting information — not blaming yourself.



GUT RESET GUIDELINES (14 DAYS)

Focus on:

- Whole foods**
- Protein-first meals**
- Cooked veggies**
- Slow eating**
- Daily walking**

Temporarily reduce:

- Sugar**
- Alcohol**
- Highly processed foods**
- Eating late at night**

COMMON BLOAT TRIGGERS (CHECK ALL THAT APPLY)

- Dairy**
- Gluten**
- Sugar**
- Carbonated drinks**
- Eating too fast**
- Stress**
- Poor sleep**
- Hormonal fluctuations**

DAILY GUT TRACKER (REPEAT FOR 14 DAYS)

DAY _____ | DATE _____

MEALS & EATING PATTERNS

- Ate slowly today? Yes No
- Chewed thoroughly? Yes No
- Ate past fullness? Yes No

FOODS CONSUMED (OPTIONAL NOTES)

BLOAT & DIGESTION

- Bloating today (circle):
None | Mild | Moderate | Severe
- Location of bloat:
 Upper Lower Full abdomen
- Bowel movement today? Yes No
- Comfort level: 1 2 3 4 5 6 7 8 9 10

BODY & ENERGY

- Energy today: 1 2 3 4 5 6 7 8 9 10
- Brain fog: None Mild Heavy
- Body heaviness: No Yes



STRESS & NERVOUS SYSTEM

- **Stress level today: 1 2 3 4 5 6 7 8 9 10**
- **Ate while stressed? Yes No**
- **Walked today? Yes No**

SUPPORT HABITS

- Water goal met**
- Protein goal met**
- Movement completed**
- Deep breathing / prayer / grounding**

INSIGHT

One thing my gut responded well to today:

One thing that may have triggered symptoms:

WEEKLY GUT CHECK-IN (DAY 7 & DAY 14)

CHECK-IN

- **Overall bloating compared to Day 1:**
 - Much better**
 - Slightly better**
 - Same**
 - Worse**
- **Foods that felt safest:**
- **Foods that felt problematic:**
- **Stress patterns I noticed:**
- **What helped my digestion the most:**

WHEN BLOAT SHOWS UP

Read this instead of panicking:
Bloat is feedback — not failure.
Your body is communicating.
You listen.
You adjust.
You continue.

OPTIONAL RESET DAY

(Use anytime)

- Simple protein meals**
- Cooked vegetables only**
- Extra water**
- 45–60 min walk**
- Early bedtime**

CLOSING PAGE

**When your gut feels safe,
your body softens.**

**When your body softens,
fat loss becomes possible.**

GlowBack Mantra

**“I listen to my body and respond
with care.”**

