



Midlife Digestion Check-In™

Take a quick look at your digestion, bowel habits and everyday symptoms to notice where you may need more support.

Check what has been true for you recently. Look for patterns, not perfection.

1 My Usual Pattern

- ☐ Comfortable and regular
- ☐ Constipation or straining
- ☐ Loose or urgent stools
- ☐ Alternating patterns
- ☐ Incomplete emptying



2 What I Notice

- ☐ Bloating or pressure
- ☐ Gas or discomfort
- ☐ Heartburn or reflux
- ☐ Nausea or heaviness
- ☐ Food reactions



3 When It Shows Up

- ☐ Soon after eating
- ☐ Later in the day
- ☐ At night
- ☐ During stressful times
- ☐ After a routine change



4 Helpful Clues

- ☐ Water intake changed
- ☐ Fiber changed quickly
- ☐ New medication or supplement
- ☐ Poor sleep or more stress
- ☐ Travel or less movement



Choose One Next Step

Track your most bothersome symptom for 7 days, including when it happens, what you ate and what else was going on.



Martine's Midlife Wellness Tip

Change one thing at a time. It is much easier to see what helps when everything is not changing at once.



Contact your healthcare provider for blood or black stools, severe or persistent pain, unexplained weight loss, ongoing vomiting or a new lasting change in bowel habits.

