



Bloating Pattern Tracker™

Track when bloating appears and what else was happening so you can look for useful patterns over time.



Use this tracker for 7 days.
Record what you notice without trying to make every day perfect.



Daily Check-In

	Time	Meal or Drink	Bloating 0–3				Other Clues
			0 None	1 Mild	2 Moderate	3 Significant	
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Other Clues to Notice

- ☐ Constipation
- ☐ Loose stool
- ☐ Stressful day
- ☐ Poor sleep
- ☐ Ate quickly
- ☐ Large meal
- ☐ New food
- ☐ Cycle or hormone shift



My Pattern Notes

Bloating showed up most often:

Foods, habits or situations I noticed:

One small step I may try:

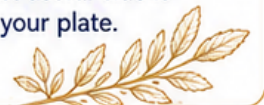
Gentle Reminder

One episode does not prove a food is the cause. Look for repeated patterns before making major changes.



Martine's Midlife Wellness Tip

Include stress, sleep and bowel habits. Sometimes the most useful clue is not on your plate.



Contact your healthcare provider for severe or persistent bloating, significant pain, vomiting, blood in the stool, unexplained weight loss or a rapidly enlarging abdomen.

