



GUT REST
DIAGNOSTICS

Food, Symptom and Lifestyle Diary

A 14 day record to share with your practitioner.

Name

Date started

Practitioner

Date completed

WHY THIS DIARY MATTERS

Your gut leaves clues every single day. Captured together over two weeks, your meals, symptoms, sleep and bowel patterns reveal connections that a single appointment never could. The more honest and specific you are, the clearer the picture, and the faster you and your practitioner can find what is actually driving how you feel.

HOW TO USE IT

- Fill it in as you go, not from memory at night. A note at the table is worth ten guesses later.
- Write what you ate and roughly how much, including drinks, sauces, coffee, alcohol and water.
- For any symptom, note when it started after eating and how strong it was, using the keys overleaf.
- Record every bowel movement with its Bristol type, so stool changes line up with what you ate.
- Do not change your diet to look good. An ordinary fortnight is exactly what we want to see.

When you finish: Save or scan your completed diary and send it to info@gutrest.com before your review.

YOUR REFERENCE KEYS

Keep this page handy while you fill in each day. Use these scales so every entry means the same thing.

BRISTOL STOOL CHART · THE SHAPE OF YOUR STOOL

1	Type 1	Separate hard lumps, like nuts. Hard to pass.	Constipated
2	Type 2	Sausage shaped but lumpy.	Mildly constipated
3	Type 3	Sausage shaped with cracks on the surface.	Normal
4	Type 4	Smooth and soft, like a sausage or snake.	Normal, ideal
5	Type 5	Soft blobs with clear cut edges.	Lacking fibre
6	Type 6	Mushy, ragged edges, a pulpy stool.	Mild diarrhea
7	Type 7	Entirely liquid, no solid pieces.	Diarrhea

SYMPTOM SEVERITY · 0 TO 10

0	None
1 to 3	Mild, easy to ignore
4 to 6	Moderate, distracting
7 to 9	Severe, hard to function
10	Worst imaginable

WHEN IT STARTED · ONSET AFTER EATING

Right away	Within 15 minutes
Soon	15 to 60 minutes
Later	1 to 3 hours
Much later	3 to 8 hours
Next day	The following morning

SYMPTOMS WORTH NOTING

Bloating · Gas or wind · Reflux or heartburn · Burping · Upper abdominal pain · Lower abdominal pain · Cramping · Nausea · Constipation · Loose stool · Urgency · Incomplete emptying · Fatigue after eating · Brain fog · Headache · Skin flare · Low mood or anxiety · Food stuck or trouble swallowing

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

Week 1 review

Look back over days 1 to 7. Patterns are easier to see all at once.

BEST DAYS THIS WEEK, AND WHAT WAS DIFFERENT ABOUT THEM

HARDEST DAYS THIS WEEK, AND WHAT YOU HAD EATEN OR DONE

FOODS OR DRINKS YOU NOW SUSPECT, AND THE SYMPTOMS THEY SEEMED TO BRING

WHAT SEEMED TO SETTLE YOUR GUT OR HELP YOU FEEL BETTER

BOWEL PATTERN THIS WEEK · TYPICAL BRISTOL TYPES, FREQUENCY, ANY CHANGES

SLEEP, ENERGY AND MOOD ACROSS THE WEEK

QUESTIONS TO ASK YOUR PRACTITIONER

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Constipation

sev

Gas or wind

sev

Loose stool

sev

Reflux or heartburn

sev

Urgency

sev

Burping

sev

Fatigue after eating

sev

Abdominal pain

sev

Brain fog

sev

Cramping

sev

Headache

sev

Nausea

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Constipation

sev

Gas or wind

sev

Loose stool

sev

Reflux or heartburn

sev

Urgency

sev

Burping

sev

Fatigue after eating

sev

Abdominal pain

sev

Brain fog

sev

Cramping

sev

Headache

sev

Nausea

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Constipation

sev

Gas or wind

sev

Loose stool

sev

Reflux or heartburn

sev

Urgency

sev

Burping

sev

Fatigue after eating

sev

Abdominal pain

sev

Brain fog

sev

Cramping

sev

Headache

sev

Nausea

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

OVERNIGHT AND MORNING

Sleep

To bedWoke

HoursQuality 1 to 5

Morning

Energy 1 to 5

Mood or stress 1 to 5

Water

Glasses through the day

FOOD, DRINK AND HOW YOU FELT

Meal	Time	Food, drink and how much	Symptoms after and when	Sev
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

DIGESTIVE SYMPTOMS TODAY · TICK ANY, ADD SEVERITY 0 TO 10

Bloating

sev

Gas or wind

sev

Reflux or heartburn

sev

Burping

sev

Abdominal pain

sev

Cramping

sev

Nausea

sev

Constipation

sev

Loose stool

sev

Urgency

sev

Fatigue after eating

sev

Brain fog

sev

Headache

sev

Low mood

sev

BOWEL MOVEMENTS · CIRCLE THE BRISTOL TYPE

Time	Bristol type	1	2	3	4	5	6	7	Urgent	Blood / mucus	Notes

SUPPLEMENTS AND MEDICATION, MOVEMENT, AND STRESS

Supplements / medication taken (and when)

Movement or exercise

Stress, big events, or anything notable about the day

WHAT HELPED

WHAT MADE IT WORSE

Week 2 review

Look back over days 8 to 14. Patterns are easier to see all at once.

BEST DAYS THIS WEEK, AND WHAT WAS DIFFERENT ABOUT THEM

HARDEST DAYS THIS WEEK, AND WHAT YOU HAD EATEN OR DONE

FOODS OR DRINKS YOU NOW SUSPECT, AND THE SYMPTOMS THEY SEEMED TO BRING

WHAT SEEMED TO SETTLE YOUR GUT OR HELP YOU FEEL BETTER

BOWEL PATTERN THIS WEEK · TYPICAL BRISTOL TYPES, FREQUENCY, ANY CHANGES

SLEEP, ENERGY AND MOOD ACROSS THE WEEK

QUESTIONS TO ASK YOUR PRACTITIONER

Two week summary

Bring this page to the front of the conversation with your practitioner.

TOP SUSPECTED TRIGGER FOODS OR DRINKS

FOODS AND HABITS THAT SEEMED TO HELP

HOW YOUR SYMPTOMS CHANGED OVER THE TWO WEEKS

YOUR SINGLE BIGGEST QUESTION RIGHT NOW

FOR YOUR PRACTITIONER

Completed diary · send to info@gutrest.com before your review appointment.