

## Symptoms TRACKER

At the start of each week, rate each symptom from 1 (mild) to 10 (severe). Or use your own system (smiley faces, etc). This is to help you keep track of symptoms that are improving and those that you need to work on. Do not worry if some symptoms get worse at first. This can be very normal, especially if you experience die-off.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Bloating												
Constipation												
Diarrhea												
Reflux												
Fatigue												
Depression												
Anxiety												
Poor mood												
Headaches												
Pain												
Poor sleep												
Low energy												
PMS												