

5R GUT HEALING PROGRESS TRACKER

Use this tracker to monitor your progress as you implement the 5R approach to healing your gut. Reflect weekly or bi-weekly and make notes on symptoms, improvements, and new insights.

1. Remove (irritants like gluten, dairy, sugar, processed foods):

Start date: _____ Key irritants removed: _____

Progress notes:

2. Replace (stomach acid, enzymes, bile):

Supplements/foods added: _____

Progress notes:

3. Reinoculate (probiotics and prebiotics):

Probiotic/prebiotic sources used: _____

Progress notes:

4. Repair (gut lining with glutamine, zinc, etc.):

Repair supplements used: _____

Progress notes:

5. Rebalance (lifestyle: sleep, stress, etc.):

Mind-body practices added: _____

Progress notes:

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