

30-DAY WELLNESS TRACKER

STRESS-GUT TRACKER

Track the Day. Notice the Pattern.

A simple printable system for recording stress, digestive comfort, meals, and notable stressors without turning the process into another source of stress.

30 DAYS • 5 QUICK CALMING TOOLS • WEEKLY REVIEWS

Why Track Stress and Digestion Together?

Stress and digestion can influence one another. A tense day may coincide with changes in appetite, bowel habits, bloating, or digestive comfort, while uncomfortable digestive symptoms can also make a stressful day feel harder.

A tracker cannot prove that stress caused a symptom. What it can do is help you record what happened consistently enough to notice recurring combinations worth paying attention to.

The goal

Collect observations, not diagnoses. After several days, look for repeated patterns such as higher-stress days coinciding with more discomfort, certain routines appearing on easier days, or symptoms that seem unrelated to stress and deserve a different question.

Keep entries brief. A useful tracker is one you will actually complete.

Your 1-to-5 Stress Scale

1 • CALM

Little noticeable tension. I feel generally settled.

2 • MILD

Some pressure or tension, but it is easy to manage.

3 • MODERATE

Stress is clearly present and affecting my attention or mood.

4 • HIGH

Strong tension, worry, pressure, or irritability that is difficult to ignore.

5 • VERY HIGH

Stress feels intense or overwhelming for me today.

Consistency beats precision

Your “3” does not need to match anyone else's. Use the scale the same way from day to day so your own pattern becomes easier to compare.

DAY 1

Daily Stress + Digestion Log

Date: _____

Morning stress	Midday stress	Evening stress
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Digestion Today

Check anything you noticed. Leave blank if it did not apply.

- ☐ Bloating
- ☐ Gas
- ☐ Discomfort / cramping
- ☐ Reflux / heartburn
- ☐ Constipation
- ☐ Loose stool / diarrhea
- ☐ Nausea
- ☐ No notable symptoms
- Bowel movement today: ☐ None ☐ Yes, comfortable ☐ Yes, difficult ☐ Yes, loose

What I Ate

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks / drinks: _____

Notable Stressors

What happened today that noticeably raised or lowered my stress?

One thing that seemed to help today:

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DAY 7

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One thing that seemed to help today:

Five 5-Minute Calming Tools

These are simple relaxation and grounding exercises for everyday stress. Use whichever feels comfortable. Stop if an exercise makes you feel worse, dizzy, or distressed.

1. Before a Meal: Longer Exhale Breathing

1. Sit comfortably and let your shoulders drop.
2. Breathe in gently through your nose for about 4 seconds.
3. Breathe out slowly for about 6 seconds. Do not force the breath.
4. Repeat at a comfortable pace for roughly 5 minutes.
5. Then begin your meal without trying to judge whether the exercise “worked.”

2. Mid-Workday: Five-Senses Reset

1. Look around and name 5 things you can see.
2. Notice 4 things you can physically feel, such as your feet in your shoes.
3. Identify 3 sounds.
4. Notice 2 scents, or simply take two normal breaths if none stand out.
5. Name 1 thing you want to give your attention to next.

3. Before Bed: Tension Release

1. Lie down or sit comfortably.
2. Gently tense your hands for a few seconds, then release.
3. Repeat with shoulders, face, legs, and feet, one area at a time.
4. Notice the contrast between tension and release without forcing relaxation.
5. Finish with several slow, comfortable breaths.

4. During a Stress Spike: Orient to the Room

1. Pause what you are doing if it is safe to do so.
2. Slowly look around the room and identify where you are.
3. Name the date or time of day, three objects around you, and what you are doing next.
4. Feel your feet or body supported by the floor or chair.
5. Take a few ordinary, unforced breaths and resume one small task.

5. Commute or Transition: The Unclench Routine

1. Keep your eyes on the road if you are driving. Do not close your eyes or do anything distracting.
2. Notice whether your jaw, shoulders, hands, or stomach are braced.
3. Loosen one area at a time while continuing to breathe normally.
4. At red lights or while parked, check again for unnecessary tension.
5. When you arrive, take 30 seconds before moving into the next task.

WEEK 1 REVIEW

Look Back at Days 1-7

Which stressors showed up before or alongside my most uncomfortable digestion days?

What foods, routines, sleep patterns, or circumstances appeared repeatedly on days that felt easier?

What pattern, if any, is worth watching next week without assuming it proves a cause?

My average stress this week felt closest to: 1 2 3 4 5

One small adjustment I want to test next week:

WEEK 2 REVIEW

Look Back at Days 8-14

Which stressors showed up before or alongside my most uncomfortable digestion days?

What foods, routines, sleep patterns, or circumstances appeared repeatedly on days that felt easier?

What pattern, if any, is worth watching next week without assuming it proves a cause?

My average stress this week felt closest to: 1 2 3 4 5

One small adjustment I want to test next week:

WEEK 3 REVIEW

Look Back at Days 15-21

Which stressors showed up before or alongside my most uncomfortable digestion days?

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What pattern, if any, is worth watching next week without assuming it proves a cause?

My average stress this week felt closest to: 1 2 3 4 5

One small adjustment I want to test next week:

WEEK 4 REVIEW

Look Back at Days 22-28

Which stressors showed up before or alongside my most uncomfortable digestion days?

What foods, routines, sleep patterns, or circumstances appeared repeatedly on days that felt easier?

What pattern, if any, is worth watching next week without assuming it proves a cause?

My average stress this week felt closest to: 1 2 3 4 5

One small adjustment I want to test next week:

Final 30-Day Review

What were my most common digestive symptoms, if any?

Which situations most consistently coincided with higher stress?

Did my digestive symptoms appear to track with stress, food, routine, sleep, or no obvious pattern?

Which calming technique or routine was easiest for me to use?

What information from this tracker would be useful to share with a healthcare professional if symptoms continue?

Remember

A pattern in a personal tracker is a clue for further observation, not proof of a medical cause.

General Wellness Disclaimer

This tracker is for general educational and wellness use only. It is not a diagnostic tool, medical advice, or treatment. Digestive symptoms can have many causes, and stress is only one possible factor.

Seek qualified medical care for persistent, severe, worsening, or concerning digestive symptoms, unexplained weight loss, blood in stool, significant dehydration, severe pain, repeated vomiting, fever with significant symptoms, or other concerns. If stress or anxiety is persistent, overwhelming, or interfering substantially with daily life, consider speaking with an appropriate healthcare or mental-health professional.

Do not use this tracker to delay appropriate care.