

Use the provided journal pages to track your daily food, beverages, and Gut Connection™ supplements. As time goes on, you may begin to notice positive changes to your overall gut health...it's all connected.**

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

date: _____

breakfast

_____ FOOD

_____ BEVERAGE

lunch

_____ FOOD

_____ BEVERAGE

dinner

_____ FOOD

_____ BEVERAGE

I took my gut connection

_____ yes no _____ yes no

gut "stressed" "happy"

bowel movements yes no

exercise no yes

_____ _____ _____

_____ _____ _____

thoughts: _____

date: _____

breakfast

_____ FOOD

_____ BEVERAGE

lunch

_____ FOOD

_____ BEVERAGE

dinner

_____ FOOD

_____ BEVERAGE

I took my gut connection

_____ yes no _____ yes no

gut "stressed" "happy"

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exercise no yes

_____ _____ _____

_____ _____ _____

thoughts: _____
