

# Prebiotic Food Tolerance Tracker

Use this tracker to test one prebiotic source group at a time.

## Trial Setup

- Source group tested:
- Food or ingredient:
- Portion size:
- Meal context:
- Goal of the trial:

## Daily Tracking

Day	Source group / food	Portion	Meal context	Bloating	Fullness	Stool pattern	Notes
1							
2							
3							
4							
5							
6							
7							

## Review Questions

- Did symptoms worsen after a specific source group?
- Was the issue worse with larger portions?
- Did meal speed, stress, or constipation change the result?
- Do I need a gentler source group or a different next page?

## Bottom Line

Track one change at a time. If several foods or products changed together, the signal is weak and the next decision gets harder.