

Antibiotic Symptom and Product-Tolerance Tracker

Use this printable tracker to log antibiotic timing, daily symptoms, hydration concerns, and whether fiber-heavy foods or microbiome products seem to help or backfire.

Antibiotic Course

- Antibiotic name:
- Start date:
- End date:
- Reason prescribed:

Daily Symptom Log

Date	Loose stools count	Bloating	Pain	Nausea	Fever	Blood or black stool	Hydration concern

Food and Product Exposure

Date	Fiber-heavy foods	Prebiotic product	Probiotic or synbiotic	Reaction notes

Escalation Notes

- Seek medical review if diarrhea becomes severe, bloody, black, feverish, or hard to hydrate through.
- Use this sheet to track patterns, not to delay care when the pattern looks worse instead of better.