

# Beverage Symptom Test Tracker

Use this tracker for 7 days when coffee, tea, or stimulant drinks might be affecting reflux, urgency, bloating, or upper-GI discomfort.

Day	Drink	Dose	Timing	With food?	Add-ins	Main symptom	Notes

## Test One Variable At A Time

- caffeine amount
- drink timing
- empty stomach vs with food
- milk, cream, sweeteners, carbonation, or spices
- coffee vs tea vs decaf