

Bloating Pattern Tracker

Use this to separate stool-backup patterns from food-only assumptions.

Daily Log

| Date | Bloating level (1-10) | Stool frequency | Stool feel / Bristol type | Straining? | Incomplete evacuation? | Meals or food notes | Better after bowel movement? | Red flags? |
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What to Look For

More suggestive of constipation-led bloating

- pressure builds on days with harder stools or less complete emptying
- bloating eases after a better bowel movement
- the main story is backup, fullness, and strain more than one specific food

More suggestive of food-trigger or IBS overlap

- clear flares after certain meals even when stool pattern is otherwise okay
 - abdominal pain and bowel changes are chronic and recurring
 - stress, sleep disruption, or mixed bowel patterns are also active
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Escalation Notes

Track these carefully and do not minimize them:

- blood in stool
- vomiting
- fever
- weight loss
- severe abdominal pain
- inability to pass gas

If any of these are present, move out of self-troubleshooting and seek medical care.