

Seven-Day Constipation Breakfast Tracker

Keep breakfast steady for several days so the signal is readable.

Day	Breakfast time	Fiber source	Fluid	Coffee or tea	Stool form	Bloating	Notes
1							
2							
3							
4							
5							
6							
7							

Review

- Did stool form, frequency, or comfort improve?
- Did bloating increase after a fiber jump?
- Was coffee helpful, neutral, or too urgent?
- What one breakfast lever should change next?