

Diet Diversity Rebuild Tracker

Use one row per test. Keep the rest of your meal pattern steady.

Test food or change	Serving size	Meal context	Baseline symptoms	Bowel pattern	Day 1 response	Day 2 response	Day 3 response	Keep, adjust, or pause

Before deciding the food failed, review dose, FODMAP stacking, constipation, stress, sleep, caffeine, and timing.