

# Gentle Fiber Ramp Planner

This two-week planner keeps fiber changes readable.

## Week 1

Day	One Fiber Change	Meal Context	Symptoms to Watch
1	Add a small familiar fiber food	Breakfast, lunch, or dinner	Gas, fullness, stool form
2	Repeat the same change	Same meal if possible	Compare with day 1
3	Keep steady	Same meal if possible	Do not add a new product
4	Increase only if calm	Same meal if possible	Check bloating and stool
5	Hold steady	Normal routine	Watch consistency
6	Optional second food category	Small portion	Avoid stacking
7	Review	Usual meals	Decide whether to continue

## Week 2

Day	One Fiber Change	Meal Context	Symptoms to Watch
8	Repeat the best-tolerated change	Same meal if possible	Stool and fullness
9	Add fluids if low	Across the day	Constipation clues
10	Try a second category if calm	Small portion	Gas or pressure
11	Hold steady	Normal routine	Avoid new bars or powders
12	Compare food-first vs product	Choose one only	Readability
13	Keep the clearer option	Normal routine	Stool form
14	Review pattern	Weekly summary	Keep, adjust, or pause

## Rule

One clearer change beats a stack of impressive labels.