

# Gut and Back Symptom Overlap Tracker

Use this one-page tracker for 2 to 4 weeks. The goal is not to prove that gut symptoms cause back pain. The goal is to separate repeatable gut clues, back-pain clues, shared context, and red flags.

## Daily Snapshot

Date	Back pain location and intensity	Movement or injury context	Abdominal pain	Bloating or pressure	Stool pattern	Food or fiber changes	Stress and sleep	Medicine or supplement

## Red-Flag Check

Seek medical care promptly if back pain is paired with new bowel or bladder dysfunction, progressive leg weakness, numbness, fever, major trauma, cancer history, unexplained weight loss, severe new pain, or symptoms that are clearly changing or worsening.

## Pattern Review

- Back pain mainly follows movement, lifting, long sitting, or injury:
- Back discomfort rises with constipation, bloating, abdominal pain, or stool changes:
- Pain feels loud across several body systems:
- Food, stress, sleep, travel, medicine, or supplement pattern noticed:
- Question to bring to a clinician: