

IBS Symptom Tracker: Food, Stool, Stress, and Sleep

Stop Signs

Do not keep tracking at home through blood or black stool, fever, dehydration, repeated vomiting, severe or worsening pain, unexplained weight loss, or constipation with swelling, vomiting, or inability to pass gas or stool.

Daily Tracker

Field	Notes
Date and time	
Meals and timing	
Stool pattern	
Pain or cramps	
Bloating or fullness	
Sleep	
Stress or routine change	
Medications or supplements	
Cycle, travel, illness, or exercise context	

Pattern Summary for Care

- Most common stool pattern:
- Worst symptom:
- Timing pattern:
- Food or context tested more than once:
- Red flags:
- Questions for clinician or dietitian: