

Personalization Mistake Audit

Use this after a confusing low-FODMAP week.

Question	Yes / No	Notes
Did I change more than one food or portion this week?		
Did I check for stacking in the whole day, not one meal?		
Were stress, travel, or poor sleep part of the week?		
Did bowel pattern change before I blamed the food?		
Did I compare the week against reliable anchor meals?		
Am I treating one bad meal like a permanent verdict?		

Reset the pattern before you shrink the diet again.