

# Personalization Reset Week Plan

Use a calmer week to rebuild signal.

Day focus	What to do
Reset day	Return to 2 to 3 reliable anchor meals and simpler snacks
Observation day	Track symptoms, stool pattern, stress, sleep, and timing
One-change day	Add one food, one dose change, or one meal-context change only
Review day	Decide whether the pattern is clearer, mixed, or still too noisy

If the week stays messy, route back to reintroduction troubleshooting or wider low-FODMAP troubleshooting instead of layering on more changes.