

Post-Antibiotic Food Rebuild Tracker

Use this for 14 days after antibiotics if symptoms are mild and no red flags are present.

Day	Hydration	Simple meals	Protein anchor	Fiber or plant add	Stool pattern	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

Add one new variable at a time.