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### Step 4: Pattern check

After two weeks, circle the strongest pattern:

- Symptoms follow short sleep more than food.
- Symptoms follow large or late meals more than food type.
- Symptoms follow caffeine timing or dose.
- Symptoms follow hydration gaps, sweat, diarrhea losses, or constipation.
- Symptoms stay severe even when rhythm is steadier.

### Step 5: Stop signs

Get medical care promptly for blood in stool, fever, unintentional weight loss, anemia, severe dehydration, severe or worsening pain, persistent night waking from symptoms, new symptoms after age 50, or symptoms that clearly break your usual pattern.