

# Visceral Pain Amplification Tracker

Use this printable tracker to look for pain-amplification patterns before defaulting to another diet reset.

## Daily Pain Context

Date	Pain level	Stool pattern	Bloating	Stress	Sleep	Cycle/hormone context	Notes

## Pattern Clues

- ? Does the same meal hurt more during stress or poor sleep?
- ? Does pain remain after stool pattern improves?
- ? Does anticipation of symptoms make the day harder?
- ? Does pain cluster around cycle timing, hormonal medication changes, or major routine disruption?

## Escalation Boundary

Do not route new, severe, or clearly different pain into stress or hormone-context tracking. Get medical help for bleeding, fever, persistent vomiting, black stool, unexplained weight loss, severe new pain, fainting, or dehydration.