

# Urgency After Meals Pattern Audit

Use this 7-day sheet to make the pattern readable before you cut more foods.

Track	Notes
Meal or drink	
Time started	
Time urgency started	
Stool pattern	
Coffee, tea, soda, or energy drink involved	
Rich or fatty meal	
Sugar-free or packaged product involved	
Long gap before eating or very large meal	
Red flags: blood, fever, dehydration, night symptoms	