

Reintroduction Reset Worksheet

Use this worksheet after a low-FODMAP reintroduction challenge goes badly.

1. What Happened?

- Challenge food:
- FODMAP group:
- Day symptoms started:
- Portion size when symptoms started:
- Main symptoms:
- Did you stop early? Yes / No

2. Possible Noise Variables

Check any that were true this week:

- baseline symptoms were already unstable
- I ate restaurant or takeaway food
- I changed more than one variable
- stress was unusually high
- sleep was poor
- travel or schedule disruption happened
- I may have stacked FODMAPs elsewhere in the day
- the challenge food was mixed or hard to portion clearly

3. Immediate Reset Plan

- stop the challenge food
- return to my stable low-FODMAP baseline
- wait until symptoms settle
- log the dose, timing, and severity
- choose whether the result was clear, partial, or unclear

4. What Does the Result Mean?

- likely meaningful trigger for now
- possible threshold issue
- unclear because the week was noisy
- not sure — I need clinician or dietitian input

5. Next Best Move

- retest the same food later in a calmer week
- try a cleaner representative food from the same group
- move on for now and revisit later
- stop treating this as a Step 2 issue and zoom out to broader troubleshooting

6. Plan the Next Challenge

- Next test food:
- Best week to run it:
- What will I keep stable:
- What will I track:
- What result would count as usable:

Reminder: One bad challenge does not automatically mean the whole reintroduction process failed.