



## Digestive Symptom Tracker

Please rate your digestive symptoms for 7 consecutive days.

Use a scale from 0-10, where 0 equals no symptoms and 10 equals severe symptoms.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Abdominal pain							
Upper digestive pain							
Bloating							
Gas							
Constipation							
Diarrhoea							
Urgency to open your bowels							
Incomplete evacuation							
Mucus in stools							
Blood in stools							
Hard difficult to pass stools							
Soft explosive stools							