SIBO & Candida Symptom Tracker + Assessment Tool

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This tool helps you track symptoms associated with Small Intestinal Bacterial Overgrowth (SIBO) and Candida overgrowth. By regularly assessing your symptoms, you can better understand how your gut health is affecting your body and take proactive steps towards healing.  
  
### Instructions:  
Fill out this tracker each day to identify patterns in your symptoms. It will also help guide your treatment and track progress. Answer the following questions honestly for an accurate assessment.  
  
\*\*Symptoms of SIBO and Candida\*\*:  
- Bloating  
- Diarrhea or constipation  
- Abdominal discomfort or pain  
- Brain fog or fatigue  
- Sugar cravings  
- Oral thrush or white coating on the tongue  
- Skin rashes or fungal infections  
  
\*\*Track your symptoms daily\*\*:  
- \*\*Rate your bloating (1-10)\*\*:  
- \*\*Rate your abdominal discomfort/pain (1-10)\*\*:  
- \*\*How often do you experience diarrhea or constipation?\*\* (circle one): Daily / Weekly / Occasionally / Never  
- \*\*Do you have sugar cravings?\*\* (Yes / No)  
- \*\*Do you have brain fog or fatigue?\*\* (Yes / No)  
- \*\*Rate your skin condition (1-10)\*\*: (0 = Clear, 10 = Severe)  
  
### Weekly Reflection:  
At the end of each week, review your symptoms and reflect on any patterns. Have the symptoms improved or worsened? This will help you adjust your approach to healing.  
  
### Next Steps:  
- If you notice persistent symptoms, consider talking to your healthcare provider or a registered dietitian specializing in gut health.  
- Use the results to adjust your diet, stress management, and probiotic supplementation.