The

ULCERATIVE COLITIS

& SYMPTOM TRACKER



A 12-WEEK FOOD JOURNAL TO IDENTIFY TRIGGERS, REDUCE FLARES. AND IMPROVE GUT HEALTH

The Ulcerative Colitis Diet & Symptom Tracker

A 12-Week Food Journal to Identify Triggers, Reduce Flares, and Improve Gut Health

HOW TO USE YOUR DAILY TRACKING PAGE

Tracking your diet, symptoms, and lifestyle habits is **essential** for managing **ulcerative colitis (UC)**. This log helps you **identify trigger foods, monitor symptom patterns, and make informed dietary changes**. Below is a breakdown of each section and how to use it.

Meals & Snacks

Your diet plays a major role in how you feel. Use this section to record everything you eat and drink, including portion sizes. This helps identify which foods may be helping or worsening your symptoms.

Tips:

- ✓ Be specific (e.g., "1 cup oatmeal with banana" instead of "oatmeal")
- ✓ Include cooking methods (e.g., boiled, baked, fried)
- ✓ Don't forget sauces, seasonings, or added ingredients

♦ Water Intake

Hydration is **key for digestion and overall health**. Many people with UC experience dehydration due to **diarrhea or medication side effects**. Tracking your water intake helps ensure you're drinking enough fluids.

How to Track:

- ✓ Record total glasses of water consumed
- ✓ Include hydrating drinks like herbal teas or bone broth
- ✓ Avoid counting caffeinated or sugary drinks, as they may worsen symptoms

Medications & Supplements

Many individuals with UC take **prescription medications**, **supplements**, **or probiotics** to manage their condition. Tracking these can help you see if they are **helping**, **causing side effects**, **or interacting with certain foods**.

What to Record:

- ✓ Prescription medications (name, dose, time taken)
- ✓ Supplements (iron, vitamin D, omega-3s, etc.)
- **✓** Probiotics or digestive enzymes
- ✓ Any new changes in medications

Q Digestive Symptoms

This section helps you track your daily symptoms and identify patterns. UC symptoms can fluctuate based on diet, stress, and other factors.

How to Use:

- ✓ Mark the symptoms you experience (e.g., bloating, gas, diarrhea)
- ✓ Rate their severity from 1-10 (1 = mild, 10 = severe)
- ✓ Note when symptoms occur (after meals, morning vs. evening)

Example:

✓ Bloating (5/10) – Started 30 min after lunch (had dairy)

4 Energy Levels & Mood

UC doesn't just affect digestion—it impacts **energy, mood, and overall well-being**. This section helps track how you feel throughout the day.

How to Rate:

- ✓ Morning Energy: How do you feel when waking up?
- ✓ Afternoon Energy: Any dips or fatigue after meals?
- ✓ Evening Energy: Do you feel drained or still energized?
- ✓ Mood Rating: Are you feeling stressed, anxious, or good?

Example:

- Morning Energy: 3/10 (Tired, poor sleep)
- Afternoon Energy: 6/10 (Better after lunch)
- Evening Energy: 4/10 (Fatigue returns)
- Mood: **7/10** (Felt calm and relaxed)

Notes & Observations

This is your space to write anything additional about your day, such as:

- ✓ Stress levels (high-stress days may trigger flares)
- ✓ Sleep quality (poor sleep can impact digestion)
- ✓ Exercise or physical activity
- ✓ Changes in stool consistency, frequency, or urgency

Example:

"I felt bloated after lunch. I ate dairy, so I will try removing it tomorrow to see if symptoms improve."

■ Weekly Reflection - Why It Matters

At the end of each week, take time to **review your log** and complete the **Weekly Reflection Section**. This helps you make **better dietary choices moving forward**.

✓ What Worked Well This Week?

Look at your daily logs and note:

- ✓ Foods that felt good on digestion
- ✓ Lifestyle changes that **improved symptoms**
- ✓ Any positive effects from medications or supplements

Example:

"Soft foods like oatmeal and cooked carrots were easy to digest."

Over time, you may **notice patterns** between what you eat and symptom flares. This section helps **track potential trigger foods**.

- ✓ Common UC triggers: Dairy, gluten, high-fiber foods, spicy foods, caffeine, alcohol
- **✓ Compare symptom logs** with meals to find patterns

Example:

"Had bloating and diarrhea after eating raw broccoli—might be a trigger."

Adjustments for Next Week

Based on your reflections, set goals for the upcoming week:

- ✓ Eliminate potential triggers
- ✓ Increase gut-friendly foods
- ✓ Adjust medication or supplement timing (if needed)

Example:

"I will replace raw veggies with cooked ones to improve digestion."

ULCERATIVE COLITIS DIET & SYMPTOM TRACKER

WEEK 1 - DAY 1
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• Lunch:
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• Dinner:
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• Additio	onal fluids (tea, broth, et	c.):		
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 Afternoon Energy:/10 Evening Energy:/10 Overall Mood Today:/10
Notes & Observations (Any additional comments about your symptoms, stress, or overall well-being?)
■ Weekly Reflection - End of Week 1 ■ What Worked Well This Week? (List foods, habits, or lifestyle choices that improved your symptoms)
↑ Trigger Foods Identified (List any foods that seemed to worsen symptoms)
Adjustments for Next Week (What changes will you make to improve your symptoms?)

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Daily Log
Meals & Snacks
(Record everything you eat and drink today, including portion sizes)
D. 16
Breakfast:
Snack:Lunch:
• Snack:
• Dinner:
• Snack:
♦ Water Intake
(Track your hydration throughout the day)
Total glasses of water:
Additional fluids (tea, broth, etc.):
(List any medications or supplements taken today) •
•
☐ Digestive Symptoms (Check any that apply and note severity from 1-10)
Bloating (/10)
Gas (/10)
Diarrhea (/10)
Constipation (/10)
Cramping/Pain (/10)
Nausea (/10)
✓ Other:
Energy Levels & Mood
(Rate from 1-10, with 1 being very low and 10 being excellent)

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Breakfast	
Breakfast: Secondary	
• Snack:	
• Lunch:	
• Snack:	
• Dinner:	
• Snack:	
∆ Water Intake	
Track your hydration throughout the day)	
Total glasses of water:	
Additional fluids (tea, broth, etc.):	
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List any medications or supplements taken today)	
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