

**BalancedLives — Daily Gut Health Tracker**  
Track sleep, hydration, fiber, probiotics, prebiotics, comfort, and mood.

**BalancedLives — Daily Gut Health Tracker**  
Track sleep, hydration, fiber, probiotics, prebiotics, comfort, and mood.

[illegible]

BalancedLives — Weekly Summary

Enter your week’s averages and reflect with the prompts below.

Metric	Value
Average Sleep Hours	
Average Water Intake	
Average Fiber Intake (g)	
Prebiotic Foods (days/week)	
Probiotic Foods (days/week)	
Avg. Stomach Comfort (1-5)	
Avg. Mood (1-5)	

Reflection Prompts:

1. What improved this week? (sleep, fiber, water, mood)
2. What triggered discomfort? (stress, spicy food, antibiotics, etc.)
3. One small tweak for next week (e.g., +1 glass water, add curd, 5g extra fiber).

Notes: